APRIL TO OCTOBER 2024

NOURISH



15TH APR . 13TH MAY 17TH JUNE . 15TH JULY 2ND SEPT . 30TH SEPT

WEEK 2

22ND APR . 20TH MAY 24TH JUNE . 22ND JULY 9TH SEPT . 7TH OCT

WEEK 3

29TH APR . 3RD JUNE 1ST JULY . 16TH SEPT 14TH OCT

WEEK 4

6TH MAY . 10TH JUNE 8TH JULY . 23RD SEPT 21st Oct

KEY: VG Vegan V Vegetarian

AVAILABLE DAILY:

Selection of Salads 9, Homemade Bread 1,3,7,9. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.

BURLINGTON NURSERY LET'S SAVE THE WORLD TOGETHER

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Cheese & Tomato Pinwheel 1,7 V Sweet Potato & Bean Pie VG Baked Potato Wedges, Peas, Carrots Yoghurt 3,7

Fruit Pots VG

Chicken Pie 1 Pesto Pasta Bake 1,7 V New Potatoes, Seasonal Veaetables

Yoghurt 3,7 Fruit Pots VG

> Sweet Chicken Curry Cheesy Pasta 1,7 V

Rice, Seasonal Vegetables, Herby Bread 1,3,7,9 Yoahurt 3,7

Fruit Pots VG

Jerk Chicken Tomato & Herb Pasta 1 VG Sunshine Rice, Cauliflower, Carrots Yoghurt 3,7 Fruit Pots VG

Allergen

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Beef & Onion Pie 1 Cheesy Pasta Twists 1,7 V New Potatoes, Seasonal Vegetables

TUESDAY

Yoghurt 3,7 Fruit Pots VG

BBQ Pulled Pork Loaded Wedges Herby Tomato Penne Pasta 1 VG

> Sweetcorn, Courgettes Yoghurt 3,7 Fruit Pots VG

Sausage Roll 1,6 Quorn Sausage & Gravy 1 VG

Mashed Potato, Baked Beans, Broccoli Yoghurt 3,7

Fruit Pots VG

Singapore Noodles 1,3,16 VG Cheese & Bean Wrap Pocket 1,7 V

New Potatoes, Seasonal Vegetables

Yoghurt 3,7 Fruit Pots VG WEDNESDAY Roast Gammon & Gravy Quorn Sausage 1 VG Rustic Roast Potatoes, Broccoli, Sweetcorn

> Yoghurt 3,7 Fruit Pots VG

Roast Chicken & Gravy Ouorn Sausage 1 Vg

Rustic Roast Potatoes, Cabbage, Carrots Yoghurt 3,7 Fruit Pots VG

> Roast Pork & Gravy Samosa Puff 1 VG

Rustic Roast Potatoes, Green Beans, Carrots Yoghurt 3,7 Fruit Pots VG

Roast Chicken & Gravy Vegetable Toad in The Hole 1,7,9 V Rustic Roast Potatoes, Cabbage, Peas

> Yoghurt 3,7 Fruit Pots VG

LOOK OUT FOR OUR THEMED DAYS!

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THURSDAY

Chicken Fajitas 1,4 Tomato Spaghetti 1 VG

Rice, Cauliflower, Carrots

Yoghurt 3,7 Fruit Pots VG

Macaroni Cheese 1,7 V Vegetable Hot Pot 16 VG

Carrots, Green Beans, Garlic Bread 1,3,7,9 Yoghurt 3,7 Fruit Pots VG

> Margherita Pizza 1,3,7,9 V Loaded Cajun Bean Wedges VG

New Potatoes, Sweetcorn, Peppers

Yoghurt 3,7 Fruit Pots VG

Penne Bolognaise 1 Vegetable Bolognaise Pasta 1 Vg Baked Wedges, Green Beans, Sweetcorn Garlic Bread 1,3,7,9

> Yoghurt 3,7 Fruit Pots VG

1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg 10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten

FRIDAY

G Ots

V /G ead 1,3,7,9

9 V es VG Peppers Margherita Pizza 1,3,7,9 V Salmon Pasta 1,7,8

Chips, Peas, Baked Beans, Carrot Sticks

Oaty Biscuit 1,15 VG Yoghurt 3,7, Fruit Pots VG

Fish Fingers 1,8 Cheese & Spinach Pinwheel 1,7 V

Chips, Peas, Baked Beans, <mark>Coleslaw 9</mark>

Ginger Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG

Chicken Bites 1 Summer Frittata 7,9 V

Chips, Peas, Baked Beans, Cucumber Sticks

Caramel Cookie 1,7 Yoghurt 3,7, Fruit Pots VG

Fish Fingers 1,8 Vegetable Pastie 1 VG Chips, Peas, Baked Beans, Coleslaw 9 Vegan Brownie 1 VG

Yoghurt 3,7, Fruit Pots VG