



Welcome to
Ambourne House Day Nursery

Menu Week 1

WK/C – 12/9/16 – 10/10/16 – 7/11/16 – 5/12/16 – 3/1/17 – 30/1/17 – 27/2/17 – 27/3/17

Monday

Lunch

Creamy Fish Curry
Rice
Chickpea & Vegetable Curry

Organic Fruit Yogurt

Tea

Selection of Wholemeal Rolls
Cucumber, Carrot Sticks & Dip
Fruit Cake
Fruit

Tuesday

Lunch

Roast Turkey, Mashed Potato, Peas,
Sweetcorn & Gravy
Quorn Fillet

Carrot Cake

Tea

Margarita Pizza,
Crunchy Salad
Fromage Frais
Fruit

Wednesday

Lunch

Butter Bean & Root Vegetable Stew
Cous Cous

Fruit & Honey Flapjack

Tea

Ham & Cheese Ploughman's
Crusty Rolls
Grapes
Fruit Yogurt

Thursday

Lunch

Lamb & Squash Pastry Pie
Broccoli & Cauliflower
Soya & Squash Pastry Pie

Banana & Custard

Tea

Tuna & Sweetcorn Pasta
Cheese Chunks
Fruit Scones & Jam
Fruit

Friday

Lunch

Chicken Casserole, Herb
Dumplings & Rice
Chickpea Casserole

Trifle

Tea

Selection of Sandwich Thins
Cucumber, Tomatoes & Houmous
Ginger Cake
Fruit