



Welcome to
Ambourne House Day Nursery

Menu Week 2

WK/C – 19/9/16 – 17/10/16 – 14/11/16 – 12/12/16 – 9/1/17 – 6/2/17 – 6/3/17 – 3/4/17

Monday

Lunch

Roast Chicken, Potatoes,
Peas, Sweetcorn & Gravy
Roast Quorn Fillet

Fruit Crumble & Custard

Tea

Selection of Sandwiches
Cucumber, Mixed Pepper & Dip
Fromage Frais
Fruit

Tuesday

Lunch

Mixed Bean Chilli
Baked Potato

Cotswold Ice Cream

Tea

Selection of Sandwich Thins
Salad
Chocolate Brownie
Fruit

Wednesday

Lunch

Sweet & Sour Pork
Rice
Sweet & Sour Quorn

Fruit Jelly

Tea

Tomato Pasta Salad
Cheese Chunks
Fruit Cake
Fruit

Thursday

Lunch

Fruity Lamb Tagine
Cous Cous
Soya Tagine

Natural Yogurt & Honey

Tea

Selection of Wholemeal Rolls
Chicken Fillet & Tomato Salsa
Shortbread
Fruit

Friday

Lunch

Mackerel, Red Pepper & Tomato
Sauce, Grated Cheese & Pasta
Lentil & Red Pepper

Jamaican Ginger Cake & Custard

Tea

Selection of Wraps
Cucumber, Tomatoes & Houmous
Fruit Yogurts
Fruit