



Welcome to
Ambourne House Day Nursery

Menu Week 3

WK/C 26/9/16 - 24/10/16 - 21/11/16 - 19/12/16 - 16/1/17 - 13/2/17 - 13/3/17 - 10/4/17

Monday

Lunch

Roast Free Range Ham, Roast Potatoes,
Carrots, Swede & Gravy
Roast Quorn Fillet

Fruit Jelly

Tea

Ham & Cheese Ploughman's
Crusty Bread
Grapes
Ginger Cake

Tuesday

Lunch

Beef & Vegetable Goulash
Organic Pasta
Soya Mince & Vegetable Goulash

Flapjack

Tea

Chicken & Sweetcorn Pasta
Mixed Peppers & Tomato Salsa
Fruit Yogurt
Fruit

Wednesday

Lunch

Lentil Dahl
Rice

Pumpkin Cake

Tea

Selection of Sandwich Thins
Cucumber, Tomatoes & Houmous
Fruit Loaf
Fruit

Thursday

Lunch

Caribbean Chicken Stew,
Mixed Bean Stew
Cous Cous

Banana & Custard

Tea

Margarita Pizza
Salad
Fruit Scones & Jam
Fruit

Friday

Lunch

Tuna & Sweetcorn Pasta Bake &
Peas
Tofu Pasta Bake

Apple Pie & Ice Cream

Tea

Selection of Wholemeal Rolls
Cucumber, Carrot & Dip
Lemon Tart
Fruit