



Welcome to  
**Ambourne House Day Nursery**

## Menu Week 4

WK/C 03/10/16 – 31/10/16 – 28/11/16 – 23/1/17 – 20/2/17 – 20/3/17 – 18/4/17

### Monday

#### Lunch

Mediterranean Vegetable, Tomato & Basil  
Sauce,  
Grated Cheese & Pasta

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Natural Yogurt & Fruit Compote

#### Tea

Selection of Sandwiches  
Cucumber, Tomatoes & Dip  
Fruit & Honey Flapjack  
Fruit

### Tuesday

#### Lunch

Turkey & Sweet Potato Curry,  
Rice  
Chickpea & Sweet Potato Curry

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Sticky Date Cake & Custard

#### Tea

Selection of Sandwich Thins  
Salad  
Fruit Yogurt  
Fruit

### Wednesday

#### Lunch

Shepherd's Pie & Green Beans  
Soya Mince

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Cotswold Ice Cream

#### Tea

Selection of Wraps  
Cucumber, Carrot & Houmous  
Lemon Tart  
Fruit

### Thursday

#### Lunch

Tuscan Fish Casserole, New Potatoes  
& Peas

Tuscan Bean Casserole

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Fruit Jelly

#### Tea

Tomato Pasta Salad  
Cheese Chunks  
Oat Cookies  
Fruit

### Friday

#### Lunch

Pork Chipolatas, Mashed Potato,  
Swede, Carrots & Gravy

Sage & Marjoram Soya Sausage

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EYC Strawberry Sponge

#### Tea

Selection of Wholemeal Rolls  
Chicken Fillet & Tomato Salsa  
Short Bread  
Fruit