


Playcare Nursery Menu 2014



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	Vegetable lasagne with Sweet corn	Fish and leek pie with sweet corn	Chicken and lentil casserole	Vegetable Coconut Curry with naan bread.	Cheesy Tuna pasta with Sweet corn
	Flaked rice with dried fruits	Natural Yoghurt with Fruit Purée	Sweet and fruity cous-cous	Natural yoghurt with Fruit Purée	Fruit Salad
WEEK TWO	Vegetable Chilli with Rice	Spinach Pasta Bake with Sweet corn	Home-made Salmon Fish cakes with Sweet Potato wedges and home made coleslaw	Kedgeree with Peas	Chicken Curry with Rice
	Fruit Salad	Natural Yoghurt with Fruit Purée	Sweet and Fruity Cous-Cous	Natural Yoghurt with Fruit Purée	Flaked Rice with Dried Fruit
WEEK THREE	Red Dragon Pie with Green Beans	Chicken in a Herb Sauce with Rice and Peas	Tomato and Tuna pasta bake with Sweet corn		Ratatouille with Cous-Cous
	Natural Yoghurt with Fruit Purée	Sweet and Fruity Cous-Cous	Fruit Salad	Natural Yoghurt with Fruit Purée	Flaked Rice with Dried Fruit

