

Bertie's Nursery

week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LUNCH</p> <p>Baked Macaroni Cheese</p> <p>Warm Focaccia Bread Roasted Carrots Cherry Tomatoes</p> <p>Steamed Syrup Sponge and Custard</p> <p>Fresh Fruit</p>	<p>LUNCH</p> <p>Hawaiian Sticky Chicken with Pineapple</p> <p>Hawaiian Vegetable Kebabs</p> <p>Mixed Pepper Rice Sweetcorn</p> <p>Fresh Fruit Salad with Cream</p> <p>Fresh Fruit</p>	<p>LUNCH</p> <p>Beef and Vegetable Casserole</p> <p>Roast Vegetable and Chickpea Casserole</p> <p>Braised Rice Green Beans</p> <p>Chocolate Brownie</p> <p>Fresh Fruit</p>	<p>LUNCH</p> <p>Roast Gammon</p> <p>Vegetable Frittata</p> <p>Roasted New Potatoes Carrots Braised Cabbage</p> <p>Lemon Sponge & Custard</p> <p>Fresh Fruit</p>	<p>LUNCH</p> <p>Baked Plaice Goujons</p> <p>Baked Vegetable Croquettes</p> <p>Oven Chips Baked Beans</p> <p>Fruit Jelly and Cream</p> <p>Fresh Fruit</p>
<p>AFTERNOON SNACK</p> <p>Cheese & Chive Scones with Butter</p>	<p>AFTERNOON SNACK</p> <p>Banana Cake & Butter</p>	<p>AFTERNOON SNACK</p> <p>Ham or Cheese Sandwiches</p>	<p>AFTERNOON SNACK</p> <p>Breadsticks with Grapes and Cheese</p>	<p>AFTERNOON SNACK</p> <p>Blueberry Muffins</p>
<p>SUPPER</p> <p>Baked Jacket Potato with Tuna Mayo and Sweetcorn</p> <p>Crudités</p> <p>Sliced Fruit and Yoghurt</p>	<p>SUPPER</p> <p>Cottage Pie With Garden Peas</p> <p>Sliced Fruit and Yoghurt</p>	<p>SUPPER</p> <p>Baked Beans on Toast with Grated Cheese</p> <p>Sliced Fruit and Yoghurt</p>	<p>SUPPER</p> <p>Fusilli Pasta with Carbonara Sauce</p> <p>Sliced Fruit and Yoghurt</p>	<p>SUPPER</p> <p>Homemade Tomato and Carrot Soup with French Bread</p> <p>Sliced Fruit and Yoghurt</p>

