

BIRKBEES GROUP WINTER MENU 2022

BREAKFAST CONSISTS OF SELECTION OF CEREALS INCLUDING: WEETABIX, PORRIDGE, SHREDDIES, RICE CRISPIES, CORNFLAKES
Morning and Afternoon snack we serve a selection of seasonal fruits and vegetable crudities

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NURSERY LUNCH	Pasta & Pepper Bake with Peas	Winter Veg and lentil stew Yorkshire Pudding	Tuna Fish Cakes Vegetable Rice Noodles with Sweet Chilli Sauce	Plant Based Bolognese & Garlic Bread Green Beans	Cauliflower Cheese New potatoes Sweetcorn
DESSERT	Fromage Frais	Pear Crumble & Custard	Tinned Pineapple Cream	Semolina Pudding with Fruit Puree	Apple & Cinnamon cake
NURSERY TEA	French Stick with various toppings (Tuna/Cheese) Cucumber & Carrot	Broccoli & Cheese Pinwheel Cucumber	Fusilli with Sweetcorn in Tomato and Mascarpone Sauce	Seasonal Soup Homemade Buttered Rolls	Beans and Wholemeal Toast
DESSERT	Mixed Winter Fruit Salad	Ginger Biscuits	Oaty Fruit Cookies	Apple and Cinnamon Muffins	Fruit Scones
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NURSERY LUNCH	Jacket Potatoes with Beans & Cheese	Fish Pie & Carrot Sticks	Chicken/Quorn & Vegetable Pie with Wholemeal Pastry Cabbage	Lentil & Vegetable Stew Herb Dumplings	Creamy Sausage, Squash & Broccoli Pasta Bake Garlic Bread
DESSERT	Yogurt with fruit compote	Berry Sponge & Custard	Winter Fruit Salad with Evaporated Milk	Semolina with Coconut	Fruity Rock Cakes
NURSERY TEA	Tuna & Broccoli Wholemeal Pasta Bake	Seasonal Soup Served with Cheese & Bread rolls	Cheese & Tomato filled Pitta Potato Salad	Scones with Salmon and Cream Cheese Cucumber	Cheese on Toast Coleslaw
DESSERT	Fruity Flapjack	Fruit	Ginger Cake	Chocolate & Pear Cake	Tinned Peaches with cream
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NURSERY LUNCH	Savoury Mince and New Potatoes & Broccoli	Bean Chilli & Rice	Fish Fingers with Parsley Sause Mash Potatoes Peas	Chicken & Vegetable Curry Rice	Broccoli Cheese Pasta Bake Garlic Bread
DESSERT	Pineapple & Cream	Apple & Blackberry Crumble & Custard	Rice Pudding with Sultanas	Mandarin Orange Flan & Cream	Date Sponge & Custard
NURSERY TEA	Vegetable Finger Sandwich Tomatoes	Butternut Squash & Pea Spaghetti	Cream of Tomato Soup Rolls	Wholemeal Toast with Tuna Mayonnaise, Cherry Tomatoes	Beans on Wholemeal Toast
DESSERT	Banana	Carrot Cake	Apple & Cinnamon Slice	Sweet Potato Brownies	Winter Fruit Salad
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NURSERY LUNCH	Savoury Quorn Chunks New Potatoes Cabbage	Turkey Kofta in Tomato Sauce Mixed Vegetables Pasta	Butternut Squash and chickpea Curry Brown Rice	Fish Pie with Green Beans	Homemade Vegetable Pizza Potato salad/ Coleslaw
DESSERT	Peaches & Ice cream	Fruit Salad with Cream	Semolina with Apricots	Mandarin Jelly & Ice Cream	Banana Custard
NURSERY TEA	Cheese & Onion Pie With Beans	Scrambled Egg & Toast	Cream Cheese and Salmon on Toast Cucumber	Tomato and Basil Pasta With Ham/Quorn	Seasonal Soup Bread and Butter
DESSERT	Fresh Fruit Platter	Shortbread	Fruit	Milk Shake	Cherry Cake
Children are encouraged to access their water bottles throughout the day and are given a choice between milk and water at snack times from an open cup beaker or free flow trainer cup					
Allergies Please speak to a member of the Management team if your child has any allergies or intolerances to any foods They will be able to advise you of the ingredients used in all our dishes					