

## ST GABRIEL'S NURSERY MENU - WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SNACK</b>	Toast & Cream Cheese	Crackers with Ham & Veg Sticks	Rice Cakes & Dairylea	Greek Yoghurt & Smashed Banana	Smooth Hummus & Veg. Sticks
<b>MAIN MEAL</b>	Beef Bolognese	Chicken Tikka Masala	Cottage Pie	Roasted Herb Chicken	Baked Fish Fingers
<b>MEAT FREE</b>	Quorn Bolognese	Vegetable Bean Biryani	Cheddar, Parsnip & Leek Crumble	Mixed Bean Risotto	Cheesy Bubble & Squeak
<b>ON THE SIDE</b>	Spaghetti Broccoli Sweetcorn	Rice Carrots Green Beans	Peas Cauliflower	Mashed Potato	Fries Peas Carrots
<b>DESSERT</b>	Yoghurt with Fruit	Fruit Crumble & Custard	Yoghurt with Fruit	Mixed Fruit Cheesecake	Yoghurt with Fruit
<b>TEA TIME</b>	Cheese on Toast	Half Baked Potato with Cheese & Beans	Assorted Sandwiches	Pizza	Sausage Roll
<b>EVERYDAY</b>	Everyday Sliced, fresh fruit crudité's with tea				