

Wentworth nursery Menu – September to December 2021

Week 2

<b>Meat</b>	<b>Meat free Monday ☺</b>	Garlic, thyme & paprika chicken drumsticks Homemade gravy (Ce)	Beef, onion & carrot pie with crusty pastry (Ce,G)	Homemade tandoori spiced chicken pieces Curry sauce	Breaded fish (G,F)
<b>Vegetarian</b>	Slow cooked tomato & basil pasta with mixed vegetables & beans (G)	Homemade chilli empanadas (G)	Mixed vegetables and Quorn noodles stir fry (G,E,Sb,Se)	Squash, lentil, paneer & spinach curry	Fishless fingers (G)
<b>Starchy</b>	Garlic bread (G,Mk,Sb)	Jollof rice Sliced spinata (G)	Creamy mash potato (Mk) Sliced bloomer (G)	Coconut rice Naan bread	Chips Mixed bread
<b>Vegetable</b>	Steamed broccoli, carrots and green beans	Salad bar	Salad bar	Steamed cabbage, peas & carrots	Baked beans
<b>Salad</b>	Sliced cucumber Roasted root vegetable salad with chickpeas and feta (Mk)	Diced cucumber Beetroot salad Pasta salad (G, Mu)	Tomato & basil Homemade coleslaw (Mu)	Avocado, lime & spinach Tomato, basil & sweetcorn	Cucumber sticks Garden salad
<b>Dessert</b>	Jam & toasted coconut cake (G,E,Su), custard (Mk) Apples & plums	Fresh fruit salad Fruit yogurt Bananas	Chocolate cake (G,Sb) & custard (Sb) Orange wedges	Strawberry & pineapple jelly Fruit yogurt Pears	Winter fruits wholemeal crumble (G) & custard (Mk) Mixed fruits