

Wivenhoe Park Day Nursery Summer Menu 2022

Week one	Lunch	Dessert	Tea
Monday	Paneer & pea curry with pitta bread	Poached peaches	Cheese & broccoli pasta bake
Tuesday	Lamb & chickpea stew	Mango yoghurt	GF pasta with red pepper & butternut squash sauce
Wednesday	Roast chicken with potatoes & peas	Watermelon slices	Mascarpone pasta
Thursday	Bolognese pasta with broccoli	Ginger cake	Spanish paprika potato stew
Friday	Salmon pineapple Thai curry	Peach yoghurt	Cheesy peasy pasta

Week two	Lunch	Dessert	Tea
Monday	Roast chicken with potatoes & carrots	Pineapple slices	Red pepper & lentil bake
Tuesday	Smokey BBQ beef with couscous	Pear oat crunch	Tuna pasta bake
Wednesday	Chicken korma curry	Blackcurrant yoghurt	Beef chilli
Thursday	Spanish cod	Melon slices	Cheese & broccoli pasta bake
Friday	Quorn Bolognese with broccoli	Apricot yoghurt	Tomato pasta

Week three	Lunch	Dessert	Tea
Monday	Fish pie with carrots	Vanilla cake	Cheesy peasy pasta
Tuesday	Lamb hotpot with sweetcorn	Apricot yoghurt	Mexican bean chilli
Wednesday	Roast chicken with potatoes	Poached pears	Butternut squash and butter bean potato bake
Thursday	Cauliflower & coconut curry with rice	Pineapple slices	Cheese & broccoli pasta bake
Friday	Chicken & pepper Fajitas	Apple oat crunch	Paprika macaroni beef

We offer **breakfast** between 8-9am including a variety of fruits, cereals, yoghurts & toast.



Mid-morning & afternoon snacks include a fruits, crackers, breads and dips.



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Vegetarian menu

Week one	Lunch	Dessert	Tea
Monday	Paneer & pea curry	Poached peaches	Cheese & broccoli pasta bake
Tuesday	Mild lentil tikka	Mango yoghurt	GF pasta with red pepper & butternut squash sauce
Wednesday	Vegetable roast with peas	Watermelon slices	Mascarpone pasta
Thursday	Quorn Bolognese	Ginger cake	Butternut squash and butter bean stew
Friday	Cauliflower and coconut curry	Peach yoghurt	Cheesy peasy pasta

Week one	Lunch	Dessert	Tea
Monday	Vegetable roast with potatoes & carrots	Pineapple slices	Red pepper & lentil bake
Tuesday	Vegetable Hotpot	Pear oat crunch	Lentil dahl with vegetables
Wednesday	Paneer & pea curry	Blackcurrant yoghurt	Vegetable chilli
Thursday	GF pasta with red pepper & butter squash sauce.	Melon slices	Cheese & broccoli pasta bake
Friday	Quorn Bolognese with broccoli	Apricot yoghurt	Tomato pasta

Week one	Lunch	Dessert	Tea
Monday	GF pasta Fagioli	Vanilla cake	Cheesy peasy pasta
Tuesday	Vegetable hotpot with sweetcorn	Apricot yoghurt	Mexican bean chilli
Wednesday	Vegetable roast	Poached pears	Butternut squash and butter bean potato bake
Thursday	Cauliflower & coconut curry with rice	Pineapple slices	Cheese & broccoli pasta bake
Friday	Sweet potato & pepper fajitas	Apple oat crunch	GF pasta with red pepper & butternut squash sauce