

# The waterfront nursery

## Lunch Menu

\* On Breaded Haddock Day the Babies to get a White Sauce with it.  
We will also provide a fruit basket every day for children who would like fruit.

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Baked Potato	Chicken & Vegetable Casserole	Lentil & Mushroom Ragu with Wholemeal Pasta	Pork Meatballs in a Tomato & Basil Sauce	Breaded Haddock
<b>Vegetarian</b>	Baked Potato	Chickpea Casserole	Lentil & Mushroom Ragu with Wholemeal Pasta	Quorn Meatballs in a Tomato & Basil Sauce	Cheese Omlette
<b>Gluten Free</b>	Baked Potato	Chicken & Vegetable Casserole	Lentil & Mushroom Ragu with Gluten Free Pasta	GF Meatballs in a Tomato & Basil Sauce	Steamed Haddock
<b>Dairy Free</b>	Baked Potato	Chicken & Vegetable Casserole	Lentil & Mushroom Ragu with Wholemeal Pasta	Pork Meatballs in a Tomato & Basil Sauce	Steamed Haddock
<b>Side Option</b>	Beans (GF/DF) Cheese Tuna (No Mayo)	Boiled Potatoes	Side Salad	Garlic Bread	Chips & Peas
<b>Dessert</b>	Apple Flapjacks Gluten Free Cake Slice	Banana Custard Mixed Fruit (GF/DF)	Chocolate Fruit Crispies GF Cake Slice DF Yoghurt	Rice Pudding GF Cake Slice DF Yoghurt	Fruit & Jelly

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We will also provide a fruit basket every day for children who would like fruit.

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Pizza Selection	Tomato & Basil Pasta	Shepherd's Pie	Chicken & Vegetable Curry	Potato Topped Fish Pie
<b>Vegetarian</b>	Pizza Selection	Quorn & Pepper Pasta	Shepherd's Pie (Quorn)	Vegetable Curry	Potato Topped Vegetable Pie
<b>Gluten Free</b>	GF Pizza	Tomato & Basil GF Pasta	Mince & Potatoes	Chicken & Vegetable Curry	GF/DF Fish Cakes
<b>Dairy Free</b>	DF Pizza	Tomato & Basil Pasta	Mince & Potatoes	Chicken & Vegetable Curry	GF/DF Fish Cakes
<b>Side Option</b>	Side Salad	Garlic Bread	Mixed Vegetables	Steamed Rice	Mixed Vegetables
<b>Dessert</b>	Stewed Apples	Mixed Yoghurts DF Yoghurt	Chocolate & Orange Brownies GF Brownies DF Jelly	Sliced Melon	Ice Cream Selection DF Sorbet