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Nursery menu

Date:19th - 23rd Novemeber

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Turmeric porridge with pears and coconut yoghurt	Watercress pesto & mushrooms on toast	Cheesy egg & spinach on toast	Buckwheat, lemon & cardamom pancakes & passionfruit yoghurt	Quince and pomegranate bircher
Morning Snack	Hummus, sprout & cucumber sandwich	Satsumas with seeded coconut yoghurt	Artichoke and edamame dip with breadsticks	Apple, pear and clementine fruit salad, banana yoghurt	Apple with tahini and sultana dip
Lunch	Cauliflower & celeriac korma & bulgar wheat	Hake, black bean taquitos, enchilada sauce	Chicken, leek & celery mac n cheese with peas, green beans	Salmon fish cakes, mashed sweet potato & steamed broccoli	Mushroom & kale lasagna & cherry tomatoes
Smoothie	Black forest: berry, cacao, spinach, banana smoothie	Beetroot, grapefruit & ginger smoothie	Mango, orange & carrot smoothie	Spinach, clementine & grape smoothie	Orange, cranberry & turmeric smoothie
Afternoon Snack	Cinnamon mashed banana & breadsticks	Caramelised onion hummus & cucumber sticks	Clementine, mozzarella, basil, pitta	Coconut rice pudding with prunes	Cream cheese filled celery sticks & cucumber discs
Dinner	Beetroot fritters with hummus & kohlrabi & apple salad	Sri Lanken squash dal, flatbread & yoghurt	Roast butternut squash with pomegranate & broccoli quinoa & tahini dressing	Mushroom & thyme soup & garlic bread	White bean 'bianca' pitta pizza with beetroot, peppers & parmesan