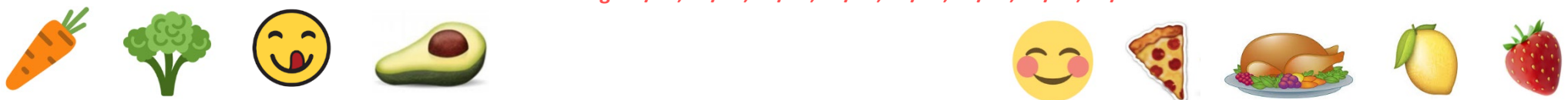


Feltham Hill Infant and Nursery – Autumn Winter Lunch Menu

| Week 1 | Meat Free Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------|--|--|---|---|---|
| Meal Option 1 | Fill your Jacket Potato with Egg and Watercress Mayo Cheese, Baked Beans | Aromatic Chicken Curry with Indian Stir Fry Vegetable and Saffron Rice | Sausage with Sweet Potato and Maris Piper Mash Served with Onion Gravy | BBQ Seasoned Chicken Vegetable Quesadillas | Fish Cake with Sweet Potato and White Potato Chips |
| Meal Option 2 Vegetarian | Fill your Jacket Potato with Egg and Watercress Mayo, Baked Beans | Egg Spinach and Lentil Curry with Indian Vegetable and Saffron Rice | Quorn Sausage with Sweet Potato and Maris Piper Mash Served with Onion Gravy | Three Bean, Spring Onion and Carrot Quesadillas | Bean and Vegetable Cake with Sweet Potato and White Potato Chips |
| Vegetables | Sweetcorn | Pan Toasted Courgettes | Baby Carrots | Seasonal Roasted Root Vegetables | Peas |
| Salad Bar | Diced Cucumber Mixed Leaf Salad Sliced Beetroot | Grated Carrots and Raisins Diced Cucumber | Cherry Tomatoes with Red Onions and a Basil and Olive Oil Dressing Mixed Green Salad | Coleslaw Vegetable Pasta Salad with Wholegrain Mustard French Dressing | Roasted Vegetables with Couscous Tomato and Cucumber Salad |
| Main Dessert | Wholemeal Carrot Cake with a Vanilla Sauce | Crepes served with a Butterscotch Sauce | Honeydew Melon Slices | Wholemeal Chocolate and Orange Cake with Chocolate Sauce | Fresh Fruit Salad |
| 2nd Dessert | Sliced Melon | Sliced Peaches Mixed Fruit Yogurt | Oranges Cheese and Biscuits | Apples Mixed Fruit Yogurt | Mixed Fruit Yogurt |

Other Fresh organic bread, fresh fruit and water are available daily.

Week 1 Commencing: 07/09, 28/09, 19/10, 05/11, 16/11, 07/12, 11/01, 01/02



Feltham Hill Infant and Nursery – Autumn Winter Lunch Menu

| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------|---|--|---|---|--|
| Meal Option 1 | Chicken Burger in a Floured Bun | Macaroni Cheese | Roast Turkey with Sauté Potatoes and Gravy | Spaghetti Bolognese and Garlic Bread | Fish Fingers and Chips |
| Meal Option 2 Vegetarian | Veggie Burger in a Floured Bun | Quorn Mince and Vegetable Stir Fry with Rice | Mushroom and Egg Risotto | Quorn Spaghetti Bolognese and Garlic Bread | Veggie Nuggets and Chips |
| Vegetables | Diced Carrots | Sweetcorn | Steamed Broccoli | Seasonal Mixed Vegetables | Peas |
| Salad Bar | Mixed Salad Greek Salad with Mint and Grilled Halloumi | Nicoise Salad and Olives Coleslaw | Feta Cheese and Beetroot Salad Herby Lettuce Salad | Sweetcorn and Mixed Peppers Sliced Cucumbers | Grated Beetroot and Carrot Salad Rainbow Coleslaw |
| Main Dessert | Apple Pie with Custard | Wholemeal Beetroot Chocolate Brownie | Creamy Rice Pudding with Pureed Fruits of the Forest | Wholemeal Banana Cake with Custard | Strawberry Frozen Yogurt |
| 2nd Dessert | Mixed Fruit Yogurt | Clementine | Mixed Grapes | Oranges | Bananas |

Other Fresh organic bread, fresh fruit and water are available daily.



Week Commencing: 14/09, 05/10, 02/11, 23/11, 14/12, 18/01, 08/02



Feltham Hill Infant and Nursery – Autumn Winter Lunch Menu

| Week 3 | Meat Free Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------|--|--|---|--|--|
| Meal Option 1 | Tomato and Mozzarella Pizza with Sweetcorn and Basil Topping | Lasagne | Roast Chicken Served with Sage and Onion Stuffing, Roast Potatoes and Gravy | Italian Meatballs in Tomato and Basil Sauce Served with Tagliatelli | Salmon Bites and Oven Baked Potato Wedges |
| Meal Option 2 Vegetarian | Tomato and Mozzarella Pizza with Sweetcorn and Basil Topping | Fresh Vegetables with Spinach and Mushroom Lasagne | Three Beans and Mozzarella Quesadillas | Quorn Meatballs, Tomato and Basil Sauce with Served with Tagliatelli | Vegetable and Lentil Nuggets with Oven Baked Potato Wedges |
| Vegetables | Baby Carrots | Mixed Broccoli and Cauliflower | Sliced Green Beans | Steamed Sweetheart Cabbage | Mixed Vegetables |
| Salad Bar | Crudité Platter with Hummus Mixed Herby Green Salad | Mixed Pepper Salad Grated Carrots with Olive Oil Dressing | Mozzarella and Mixed Olive Salad Mixed Lettuce Salad | Avocado and Mango Salad Diced Tomato and Onion Salad | Mexican Five Bean and Sweetcorn Salad Diced Beetroot |
| Main Dessert | Apple and Raspberry Crumble with Custard | Rice Pudding | Seasonal Fresh Fruit Platter | Jam Sponge with Custard | Raspberry Jelly and Ice Cream |
| 2nd Dessert | Mixed Grapes | Mixed Fruit Yogurt | Mixed Fruit Yogurt | Bananas | Apples |
| Other | Fresh organic bread, fresh fruit and water are available daily. | | | | |

Week 3 Commencing: 21/09, 12/10, 09/11, 30/11, 04/01, 25/01

