Archfield House Nursery

Autumn/Winter Menu - Week 3

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Cracker/homemade bread/rice cakes Orange Cucumber	Cracker/homemade bread/rice cakes Kiwi Peppers	Cracker/homemade bread/rice cakes Plums Cherry tomatoes	Cracker/homemade bread/rice cakes Soft cheese Roasted kale	Cracker/homemade bread/rice cakes Grapes Cauliflower
Lunch	Chicken cacciatore with macaroni (V quorn pieces) Banana rice pudding	Lamb keema matar with rice & chapatti (V chickpeas) Natural yoghurt with mango puree	Italian style salmon stew (V butter beans) Spiced apples with custard	Vegetable & borlotti bean goulash with jacket potato & sour cream Fruit cocktail with quark	Psari Plaki (Greek baked fish) With mixed beans (V tofu) Greek mixed Berry yoghurt
TEA	Winter vegetable & green lentil soup with bread sticks Pineapple	Homemade baked beans on wholemeal or seeded toast Apple	Mixed cheese sandwiches with cannellini bean dip & cucumber Cranberries & sultanas	Mediterranean cod fusilli (V egg) Orange	Cheese, tomato & lentil pinwheels with crudites Prune & coconut flapjack

Each day a different cracker/crispbread/rice cake/homemade bread will be offered with snack
Milk will be offered every day with snack
No added sugar or salt
Dishes are adapted for individual dietary needs as necessary
Seasonal vegetables are served with lunch
Water is served at lunch & tea and is available throughout the day