








BERKHAMPSTEAD DAY NURSERY

MENU

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Menu					
Main Meal	Chilli con carne with with Rice	Roast gammon with roast potatoes and parsley sauce	Pork meatballs in a tomato sauce with Fusilli pasta	Lamb Tagine served with new potatoes	Lasagne and garlic bread
Vegetables and potatoes	Carrots and peas	Carrot and swede mash with green beans	Sweetcorn and peas	Broccoli and cauliflower	Side salad
Vegetarian meal	Five Bean Chilli	Butternut squash and Feta Yorkshire	Vegetable meatballs in a tomato sauce	Moroccan vegetables	Vegetable lasagne
Pudding	Yoghurt Pot	Fruity flapjack or fresh fruit	Fresh fruit platter	Raisin pot	Natural Yoghurt with berries