



# Dryden Street Menu

| Week 1   | Monday                        | Tuesday                      | Wednesday                               | Thursday           | Friday                                |
|--|-------------------------------|------------------------------|---|--------------------|---------------------------------------|
| <b>Breakfast</b>   | Variety of cereals or toast   |                              |   |                    |                                       |
| <b>Lunch</b>   | Macaroni cheese with broccoli | Lamb Tagine with cous-cous   | Jacket potato with cheese & baked beans | Chicken casserole  | Fish fingers with new potatoes & peas |
| <b>Starters/<br/>Pudding</b>                                   | Fruit salad                   | Peaches & natural yoghurt    | Bananas & custard                       | Jelly              | Rice Pudding                          |
| <b>Light Tea</b><br>(all served with a variety of fresh fruit) | Sardines on toast             | Melba toast with soft cheese | Homemade vegetable soup & sliced bread  | Sweetcorn fritters | Tomatoes on toast                     |



\*All of our menus adhere to current Eat Better Start Better Guidelines which you can see [here](#)

Please be aware that our nursery only uses sunflower spread and we only buy 30% reduced salt/sugar beans & spaghetti





# Dryden Street Menu

| Week 2   | Monday   | Tuesday   | Wednesday                      | Thursday  | Friday                         |
|--|--|---|--------------------------------|---|--------------------------------|
| <b>Breakfast</b>   | Variety of cereals or toast                    |   |                                |   |                                |
| <b>Lunch</b>   | Tomato & basil pasta with cheese & green beans | Sausages with mixed vegetables, mashed potatoes & onion gravy | Chicken curry with fluffy rice | Vegetable burgers with herby potatoes & baked beans             | Tuna pasta bake with sweetcorn |
| <b>Starters/ Pudding</b>                                       | Garlic bread                                   | Ice cream   | Fruit yoghurt                  | Stewed apples with custard                                      | Pears with natural yoghurt     |
| <b>Light Tea</b><br>(all served with a variety of fresh fruit) | Scrambled eggs on toast                        | Corn crispbread & cream cheese                                | Selection of sandwiches        | Wholemeal breadsticks, carrot & cucumber crudité & beetroot dip | Savoury muffins                |



\*All of our menus adhere to current Eat Better Start Better Guidelines which you can see [here](#)

Please be aware that our nursery only uses sunflower spread and we only buy 30% reduced salt/sugar beans & spaghetti





# Dryden Street Menu

| Week 3   | Monday                      | Tuesday  | Wednesday   | Thursday                         | Friday  |
|--|-----------------------------|--|---|----------------------------------|---|
| <b>Breakfast</b>   | Variety of cereals or toast |  |   |                                  |   |
| <b>Lunch</b>   | Chicken & mushroom pasta    | Cheese & onion pie with baked beans & herby potatoes | Lamb & lentil hotpot with cabbage   | Jacket potato with cheese & tuna | Fish cakes with new potatoes, garden peas & parsley sauce |
| <b>Starters/ Pudding</b>                                       | Fruit cocktail              | Jelly  | Semonlina   | Fruit yoghurt                    | Ice cream   |
| <b>Light Tea</b><br>(all served with a variety of fresh fruit) | Rice crispbread & guacamole | Homemade tomato soup & bread slices                  | Wholemeal pitta bread fingers, carrot & cucumber crudité, hummus & mint yoghurt dip | Spaghetti on toast               | Blueberry & vanilla rice cakes                            |



\*All of our menus adhere to current Eat Better Start Better Guidelines which you can see [here](#)

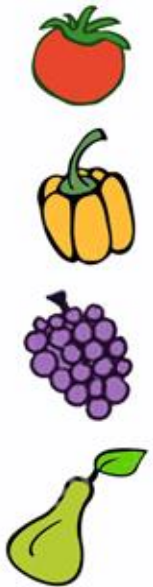
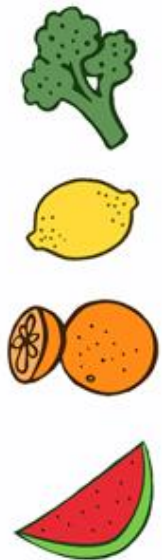
Please be aware that our nursery only uses sunflower spread and we only buy 30% reduced salt/sugar beans & spaghetti





# Dryden Street Menu

| Week 4   | Monday   | Tuesday   | Wednesday  | Thursday                                 | Friday                                  |
|--|--|---|--|--|---|
| <b>Breakfast</b>   | Variety of cereals or toast                      |   |  |  |   |
| <b>Lunch</b>   | Vegetable & pasta bake with cheese & cauliflower | Beef & lentil cottage pie with mixed vegetables | Roast chicken with baby carrots, roast potatoes & gravy                | Vegetarian chilli & rice                 | Fillet of fish with chips & mushy peas  |
| <b>Starters/<br/>Pudding</b>                                   | Fruit yoghurt                                    | Arctic roll ice cream                           | Jelly  | Semolina                                 | Natural yoghurt & pears                 |
| <b>Light Tea</b><br>(all served with a variety of fresh fruit) | Savoury muffins                                  | Selection of sandwiches                         | Wholemeal breadsticks, carrot & cucumber crudité & a selection of dips | Homemade vegetable soup with fresh bread | Cheese, sliced apple & oatmeal biscuits |



\*All of our menus adhere to current Eat Better Start Better Guidelines which you can see [here](#)

Please be aware that our nursery only uses sunflower spread and we only buy 30% reduced salt/sugar beans & spaghetti

