

Autumn/Winter 2010 Week Two

Tel: 01179 415 326

Email: admin@earlyyears catering.co.ukWeb: www.earlyyears catering.co.uk

Monday

LUNCH

Roast Turkey in Gravy
New Potatoes & Peas
Roast Quorn Fillet

Organic Fruit Yogurts

TEA

Creamy Chickpea & Spinach Curry
Rice

Queen of Puddings

Tuesday

LUNCH

Baked Bean Cheese & Spinach Pie
Carrots

Fruit Crumble & Custard

TEA

Turkey Meatballs
Pasta
Soya & Herb Balls

Natural Yogurt & Honey

Wednesday

LUNCH

Lamb & Root Vegetable Casserole
Cous Cous
Chickpea & Root Vegetable Casserole

Chocolate & Raspberry Mousse

TEA

Stargazy Pastry Pie
Green Beans
Quorn Broccoli & Pea Pie

Rock Cakes

Thursday

LUNCH

Woodland Pork Chipolatas in Gravy
Mashed Potatoes & Peas
Sage & Marjoram Soya Sausages

Jamaican Ginger Cake & Custard

TEA

Spaghetti Neapolitan
Grated Cheese

Blackberry & Apple Fool

Friday

LUNCH

Salmon & Pollock Tagliatelle
Sweetcorn
Broad Bean & Pea Tagliatelle

Local Vanilla Ice Cream

TEA

Chicken Fajitas Wrap
Rice & Crunchy Salad
Quorn Fillet

Flapjack

All meat is locally sourced; chicken is free range. Sausages are min 85% meat. All eggs are free range.

All cold meat is home baked & sliced

About Our Menu

Our menus run on a four-week cycle offering a different range of meals each week, so that your child has the varied diet required to help them develop their tastes and make