

# WHAT'S FOR LUNCH?



Allergens and dietary information available from your nursery manager.

Should your child have a specific dietary requirement (including vegetarian) please contact nursery manager.

**FRESH MILK**  
from Graham's Dairy in Nairn

**FREE RANGE EGGS**  
from Allarburn in Elgin

**FRESH BREAD**  
from Smith's Family Bakers in Huntly

**SEASONAL VEG**  
from Swansons Fruit & Veg in Elgin

**QUALITY MEAT**  
from Fraser Brothers Butchers in Forres



# NURSERY MENU



**week 1**

	Mon	Tue	Wed	Thu	Fri
<b>Main</b>	macaroni cheese	chicken curry	cottage pie	beany mackerel	roast beef
<b>Veg</b>	peas	sweetcorn	carrots	mixed salad	broccoli
<b>Carb</b>		brown rice		pasta	mashed potato
<b>Sweet/Soup</b>	forest fruits swiss roll	peaches	lentil soup brown bread	sliced banana	spiced apple cake
<b>Sauce</b>	custard	semolina		custard	natural yogurt

**week 2**

	Mon	Tue	Wed	Thu	Fri
<b>Main</b>	beef casserole	chicken fricassee	roast chicken	fisherman's pie	roast pork & apple sauce
<b>Veg</b>	broccoli	peas	sweetcorn	carrots	mashed carrot/ turnip
<b>Carb</b>	boiled potato	brown rice	mashed potato		boiled potato
<b>Sweet/Soup</b>	iced peach sponge		yellow pea soup granary roll	rock bun	fruit platter
<b>Sauce</b>	custard	banana custard		glass of milk	jelly whip

**week 3**

	Mon	Tue	Wed	Thu	Fri
<b>Main</b>	salmon fish cake	vegetable lasagne	pork & apple hot pot	savoury mince	macaroni cheese
<b>Veg</b>	peas	mixed salad	broccoli	carrots	cherry tomatoes
<b>Carb</b>	boiled potato	baguette	mashed potato	potato	brown bread
<b>Sweet/Soup</b>	chocolate fudge pudding	stewed fruit	tomato & lentil soup brown bread	forest fruits swiss roll	fresh fruit
<b>Sauce</b>	custard	custard		custard	natural yogurt

**week 4**

	Mon	Tue	Wed	Thu	Fri
<b>Main</b>	chinese chicken	corn beef hash	mackerel & apple wrap	cottage pie	chicken curry
<b>Veg</b>	peas	beetroot	sweetcorn	baked beans	broccoli
<b>Carb</b>	rice	oatcake	paprika wedges		rice
<b>Sweet/Soup</b>	sponge cake	apple crumble	carrot soup wholemeal bread	fruity flap jack	peaches
<b>Sauce</b>	natural yogurt	custard		custard	custard

**week 5**

	Mon	Tue	Wed	Thu	Fri
<b>Main</b>	beef casserole	cheese & tomato pasta	roast pork	mince bolognaise	salmon fish fingers
<b>Veg</b>	carrots	peas	broccoli	tomato	sweetcorn
<b>Carb</b>	mashed potato	baguette	boiled potato	wholemeal spaghetti	sweet potato
<b>Sweet/Soup</b>	eves pudding	apricot bar	lentil soup white bread	fresh fruit	
<b>Sauce</b>	custard	custard		natural yoghurt	banana custard

**week 6**

	Mon	Tue	Wed	Thu	Fri
<b>Main</b>	fish & potato bake	beef lasagne	meatballs in tomato sauce	macaroni cheese	breaded chicken
<b>Veg</b>	broccoli	mixed salad	carrots	peas	sweetcorn
<b>Carb</b>	mashed potato	baguette	pasta		mashed potato
<b>Sweet/Soup</b>	orange sponge	ginger pear sponge	potato & sweetcorn soup bread	sponge cake	tinned fruit
<b>Sauce</b>	custard	custard		custard	semolina

Week 1 starts on Tuesday 14 August 2018

You can check the menu rota at:  
[www.moray.gov.uk/moray\\_standard/page\\_55540.html](http://www.moray.gov.uk/moray_standard/page_55540.html)



Quick Code to School Meals