

# 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 MacLeans' Bakers in Forres

**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>Soup</b>			lentil soup bread		
<b>Main</b>	macaroni cheese	chicken curry rice	cottage pie potatoes	herby tomato pasta	roast beef + gravy potatoes
<b>Veg</b>	peas mixed salad	carrots mixed salad	broccoli mixed salad	carrots mixed salad	cabbage
<b>Sweet</b>	swiss roll custard	fresh fruit natural yoghurt		fresh fruit natural yoghurt	fresh fruit natural yoghurt

week 2

	Mon	Tue	Wed	Thu	Fri
<b>Soup</b>			potato + sweetcorn soup bread		
<b>Main</b>	sausages + gravy potatoes	chicken fricassee long grain rice	roast chicken potatoes	salmon sandwich apple wedges	roast pork + apple sauce potatoes
<b>Veg</b>	carrots mixed salad	peas mixed salad	turnip mixed salad	cucumber + carrot sticks	mashed carrot/ turnip mixed salad
<b>Sweet</b>	plain sponge natural yoghurt	fresh fruit natural yoghurt		fresh fruit natural yoghurt	apple + berry crumble custard

week 3

	Mon	Tue	Wed	Thu	Fri
<b>Soup</b>			tomato + lentil soup bread		
<b>Main</b>	salmon fish cake potatoes	vegetable lasagne	pork casserole potatoes	minced steak + vegetables potatoes	macaroni cheese garlic bread
<b>Veg</b>	peas mixed salad	sweetcorn mixed salad	broccoli mixed salad	peas mixed salad	carrots mixed salad
<b>Sweet</b>	orange sponge custard	fresh fruit natural yoghurt		swiss roll natural yoghurt	fresh fruit natural yoghurt

week 4

	Mon	Tue	Wed	Thu	Fri
<b>Soup</b>			carrot soup bread		
<b>Main</b>	cheese tomato pasta	corn beef stovies oatcake	roast chicken + gravy potatoes	cottage pie	chicken curry rice
<b>Carb</b>	peas mixed salad	beetroot mixed salad	cabbage mixed salad	carrots mixed salad	sweetcorn mixed salad
<b>Sweet</b>	plain sponge custard	fresh fruit natural yoghurt		fresh fruit natural yoghurt	fresh fruit natural yoghurt

week 5

	Mon	Tue	Wed	Thu	Fri
<b>Soup</b>			lentil soup bread		
<b>Main</b>	beef casserole potatoes	herby tomato pasta	roast pork potatoes	spaghetti bolognese	salmon fish fingers potatoes
<b>Veg</b>	turnip mixed salad	peas mixed salad	cabbage mixed salad	carrots mixed salad	sweetcorn mixed salad
<b>Sweet</b>	eves pudding custard	fresh fruit natural yoghurt		fresh fruit natural yoghurt	rice pudding with apple + cinnamon

week 6

	Mon	Tue	Wed	Thu	Fri
<b>Soup</b>			potato + sweetcorn soup bread		
<b>Main</b>	sweet + sour chicken rice	beef lasagne	meatballs + tomato sauce spaghetti	chicken + broccoli noodles	salmon fish cake potatoes
<b>Veg</b>	broccoli mixed salad	sweetcorn mixed salad	carrots mixed salad	mixed salad	carrots/ sweetcorn mixed salad
<b>Sweet</b>	fresh fruit natural yoghurt	fresh fruit natural yoghurt		fresh fruit natural yoghurt	plain muffin custard

Week 1 starts Tuesday 20 August 2019

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