charltonnursery and preschool

April Menu 2024

Week 1

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Cheese chunks (D) & pineapple	Pepper & carrot sticks with hummus (S/S)	Grapes & plum	Pitta bread (G) (S/S) tzatziki (D) & olives	Rice cakes, marmite (G,C) & pears
LUNCH	Chicken biriyani ** (peppers & green beans) (N,P) **Vegetarian 'chicken biriyani (N,P)	Lentil lasagne (courgette & mushrooms) (G,M,D) served with garlic bread (G)	Fish pie** (peas) (F,D,M,G) served with carrots & broccoli **lentil pie (M,D,G)	Beef chilli con carne** (peppers & butternut squash) served with brown rice **Mixed bean chilli con carne	Lamb orzo** (leek, carrots & green beans) (G) **Butterbean orzo (G)
PUDDING	Chocolate cherry cake (G,E) with vanilla ice-cream (D) (P,N)	Mango sponge (G,E) with natural yogurt (D)	Strawberries & watermelon with greek yoghurt (D)	Peach swiss roll (G,D,E) with half fat crème fraiche (D)	Bananas with custard (D)
SNACK	Cream crackers (G) hummus (S/S) & carrot sticks	Cheese scones (G,D) & apple	Crumpets (G) dairylea (D) & cucumber sticks	Pineapple & blueberries	Melon & satsuma
TEA	Wholemeal rolls (G) with mackerel pate** (F,D) & cucumber slices **Egg (E)	Wholemeal pitta bread (G) (S/S) with roast chicken** cream cheese (D) & cherry tomatoes **Vegetarian 'chicken' (G,E)	Sausage rolls** (M,C,G,S/D) with pasta salad (baby corn & peppers) (G) **Vegetarian sausage rolls (G) Banana loaf (G,E)	Wholemeal vegetarian sausage & sweetcorn pizza (G,D)	Wholemeal roast turkey sandwiches** (G,D) with cucumber slices **Hummus sandwiches (G,D,S/S) Cranberry cookie (G)
	Natural yogurt (D) and fruit puree offered daily				

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Week 2

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Breadsticks (G) (S/S) dairylea (D) & cucumber sticks	Mango & pineapple	Cream crackers (G) hummus (S/S) & carrot sticks	Satsuma & melon	Cheese chunks (D) & grapes
LUNCH	Sweet & sour pork** (pineapple, peppers & courgette) (G,S) served with brown rice **Vegetarian balls (G,S)	Cottage pie** (swede) (G,S) served with carrots, peas, cauliflower & gravy (G,S) **Vegetarian 'mince' pie (G,S)	Chicken, tomato & basil wholewheat pasta** (courgette & mushroom) (D,G) served with garlic bread (G) **Vegetarian 'chicken' pasta (D,G) (E)	Creamy salmon gnocchi bake** (broccoli & peas) (F,M,D,G) **Chickpea gnocchi bake (G,D,M)	Sweet potato & lentil curry (peppers, green beans) served with brown rice & poppadoms
PUDDING	Bananas & custard (D)	Watermelon & blueberries with half fat crème fraiche (D)	Date cake (G,E) & custard (D)	Pineapple & kiwi with greek yoghurt (D)	Apple & cinnamon sponge (G,E) with vanilla ice-cream (D) (P,N)
SNACK	Strawberries & plums	Naan bread (G) tzatziki (D) & olives	Grapes & apples	Rice cakes, marmite (G,C) & cherry tomatoes	Buttered toast (G,D,S) & pears
TEA	Wholemeal vegetarian sausage, sweetcorn & mozzarella pizza (G,D) Blueberry muffins (G,D,E)	Wholemeal rolls (G) with roast turkey** & cherry tomatoes **Hummus Apricot shortbread (G)	Wholemeal tuna sandwiches** (F,G,D) with cucumber slices **Egg sandwich (E,D,G)	Wholemeal wraps (G) with chicken** cream cheese (D) & pepper sticks **Vegetarian 'chicken' (G,E) Pear & chocolate cake (G,E)	Homemade scotch eggs** (C,E,G,M,S/D) with couscous salad (peas & carrot) (G) **Vegetarian scotch egg (G,E)
	Natural yogurt (D) and fruit puree offered daily				

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Week 3

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Rice cakes, marmite (C,G) & cucumber slices	Melba thins (G,S) (S/S) hummus (S/S) & pepper sticks	Pear & satsuma	Cream crackers (G) dairylea (D) & cherry tomatoes	Banana & plum
LUNCH	Beef bolognaise** (mushrooms & peppers) served with wholewheat pasta (G) **Vegetarian 'mince' bolognaise	Salmon curry** (F) (green beans & butternut squash) served with brown rice **Chickpea curry	Macaroni cheese (haricot bean) (G,D,M) served with broccoli & sweetcorn	Cumberland sausages** (G,C,S/D,M) served with mash potato, carrots, peas & gravy (G,S) **Vegetarian sausage	Chicken fricassee** (mushrooms & broccoli) (G,D,M) served with brown rice **Vegetarian 'chicken' fricassee (D,G,M) (E)
PUDDING	Strawberries & melon with natural yoghurt (D)	Peach & apple crumble (G) with vanilla ice-cream (D) (N,P)	Chocolate beetroot brownie (D,G,E,S) with half fat crème fraiche (D)	Bananas & custard (D)	Pineapple & blueberries with greek yoghurt (D)
SNACK	Apple & kiwi	Cheese chunks (D) & grapes	Breadsticks (G) (S/S) cream cheese (D) & cucumber slices	Mango & melon	Naan bread (G) tzatziki (D) & olives
TEA	Cream cheese Bagels (D,G,S) (S/S) with carrot sticks & hummus (S/S) Date shortbread (G)	Wholemeal roast pork sandwiches**(G,D) with cherry tomatoes **Egg sandwiches (E,D,G)	Wholemeal chicken & pepper pizza** (G,D) **Vegetarian 'chicken' pizza (D,G) (E)	Wholemeal rolls (G) with tuna pate** (F,D) & cucumber slices **Hummus (S/S) Raspberry & lemon muffins (G,D,E)	Traditional pasty** (beef, swede & potato) (G) with mixed salad **Lentil pasty (G) Carrot cake (G,E)
	Natural yogurt (D) and fruit puree offered daily				

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Week 4

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Melon & grapes	Cream crackers (G) with dairylea (D) & cucumber slices	Cheese chunks (D) with apple	Breadsticks (G) (S/S) with cream cheese (D) & cherry tomatoes	Pitta bread (G) (S/S) with hummus (S/S) & olives
LUNCH	Wholemeal tuna pasta bake** (broccoli & sweetcorn) (D,F,G,M) **Haricot bean bake (D,G,M)	Roast pork** served with stuffing (G) mash potato, carrots, peas & gravy (G,S) **Vegetarian sausage	Chicken curry** (green beans & butternut squash) served with brown rice **Vegetarian 'chicken' curry (E,G)	Lentil lasagne (peppers & mushrooms) (G,D,M) served with garlic bread (G)	Swedish meatballs** (G,S) served with mash potato, cauliflower, carrots & peas **Vegetarian balls (G,S)
PUDDING	Upside down pineapple sponge (D,E,G) with half fat crème fraiche (D)	Poached pears with greek yoghurt (D)	Bananas & custard (D)	Strawberries with short bread (G) & vanilla ice-cream (D) (N,P)	Courgette & orange sponge (E,G) with custard (D)
SNACK	Naan bread (G) with tzatziki (D) & olives	Mango & satsuma	Rice cakes with marmite (G,C) & carrot sticks	Pineapple & pears	Blueberries, plums & kiwi
TEA	Homemade sausage rolls** (G,M,S/D,C) with couscous salad (cherry tomatoes & peas) (G) **Vegetarian sausage rolls (G)	Wholemeal vegetarian sausage, pepper & mozzarella pizza (D,G) White chocolate & cranberry muffins (E,D,G,S)	Cream cheese bagels (D,G,S) (S/S) with pepper sticks & hummus (S/S) Fruit flapjack (G)	Wholemeal roast turkey sandwiches**(G,D) with carrot sticks **Hummus sandwiches (D,G,S/S)	Wholemeal rolls (G) with salmon pate** (D,F) & cucumber slices **Egg (E)
	Natural yogurt (D) and fruit puree offered daily				

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