



5 aday Nursery School Catering

Healthy Food For Healthy Kids

Autumn / Winter 2023
www.5adaycatering.co.uk

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| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|---|---|---|--|
| Week 1 | <p>Tomato and Basil Pasta Bake served with Pitta Bread</p> <p>(D) Fruit Yogurt</p> | <p>Gammon and Mixed Bean Casserole served with Rice</p> <p>(V) Vegetable & Mixed Bean Casserole served with Rice</p> <p>(D) Lemon Flapjacks</p> | <p>Sausage, Beans & New Potatoes</p> <p>(V) Vegetarian Sausage, Beans & New Potatoes</p> <p>(D) Sprinkle Sponge Cake</p> | <p>Mild Chicken Curry served with Rice</p> <p>(V) Quorn Chicken Curry served with Rice</p> <p>(D) Fruit Yogurt</p> | <p>Herb Pork Casserole served with New Potatoes</p> <p>(V) Herb Vegetable Casserole served with New Potatoes</p> <p>(D) Banana's & Custard</p> |
| Week 2 | <p>Tuna Pasta Bake served with Pitta Bread</p> <p>(V) Quorn Pasta Bake served with Pitta Bread</p> <p>(D) Fruit Yogurt</p> | <p>Savory Mince Casserole served with New Potatoes</p> <p>(V) Savory Quorn Mince Casserole served with New Potatoes</p> <p>(D) Raspberry and White Chocolate Cake</p> | <p>Sweet & Sour Pork served with Rice</p> <p>(V) Sweet & Sour Quorn served with Rice</p> <p>(D) Fruit Flapjacks</p> | <p>Spaghetti Bolognese served with Pitta Bread</p> <p>Vegetable Bolognese served with Pitta Bread</p> <p>(D) Fruit Yogurt</p> | <p>Chicken Casserole served with New Potatoes</p> <p>Quorn Casserole served with New Potatoes</p> <p>(D) Orange Drizzle Cake</p> |
| Week 3 | <p>Sausage, Vegetables & Onion Gravy served with New Potatoes</p> <p>(V) Vegetarian Sausage, Vegetables & Onion Gravy served with New Potatoes</p> <p>(D) Chocolate Roll & Custard</p> | <p>Cajun Chicken Served with Rice</p> <p>(V) Quorn Cajun Chicken served with Rice</p> <p>(D) Fruit Yogurt</p> | <p>Bolognese Pasta Bake served with Pitta Bread</p> <p>(V) Vegetable Bolognese Pasta Bake served with Pitta Bread</p> <p>(D) Orange Flapjacks</p> | <p>Mexican Pork served with Rice</p> <p>(V) Vegetarian Mexican Chicken served with Rice</p> <p>(D) Fresh Fruit</p> | <p>Chicken Pasta Bake served with Pitta Bread</p> <p>(Q) Vegetable Pasta Bake served with Pitta Bread</p> <p>(D) Fruit Yogurt</p> |