

# Spring/Summer Vegetarian Menu Pepperberry Day Nurseries

All of our lunches are served with seasonal vegetables or fresh salad/Vegetarian option is always available/Cold sandwiches are always available/Fresh milk or water is always available throughout the day. **Breakfast is a variety of cereals, porridge, or fruit loaf with milk and water.** Breakfast provides 15% of a child's nutritional daily requirements, Lunch provides 30% of a child's nutritional daily requirements, Tea provides 25% of a child's nutritional daily requirements and Snack provides 10% of a child's nutritional daily

## Week 1

### Monday

**Lunch-** Macaroni and Cheese  
Fruit Cocktail  
**Tea-** Pitta Bread and Hmous  
Veg Sticks  
**Snack-** Fruit

### Tuesday

**Lunch-** Moroccan Quorn and Cous Cous  
Cheese and Crackers  
**Tea-** A Selection of Sandwiches  
Fruit  
**Snack-** Crumpet

### Wednesday

**Lunch-** Vegetable Pasta Bolognese  
Banana Lolly  
**Tea-** Tuna Wraps  
Veg Sticks  
**Snack-** Teacakes

### Thursday

**Lunch-** Sweet Potato and Bean Chilli  
Yoghurt + Peaches  
**Tea-** Mini Pizzas  
Fresh Fruit  
**Snack-** Potato Cakes

### Friday

**Lunch-** Veggie Fingers, Wedges and Peas  
Melon Wedge  
**Tea-** Cream Cheese Bagel  
Apple  
**Snack-** Breadsticks

## Week 2

### Monday

**Lunch-** Summer Pasta Bake  
Cheese and Biscuits  
**Tea-** Cheese Wraps  
Fresh Fruit  
**Snack-** Crumpets

### Tuesday

**Lunch-** Cauliflower Cheese With Potatoes and Peas  
Yoghurt and Fruit  
**Tea-** Sandwiches  
Veg Sticks  
**Snack-** Breadsticks

### Wednesday

**Lunch-** Quorn Stroganoff with Rice  
Fruit Salad  
**Tea-** Savoury Muffin  
Fresh Fruit  
**Snack-** Potato Cake

### Thursday

**Lunch-** Moroccan Vegetable Tagine And Cous Cous  
Melon  
**Tea-** Savoury Muffin  
Fresh Fruit  
**Snack-** Watermelon

### Friday

**Lunch-** Vegetable and Quorn Pasta Bolognese  
Melon  
**Tea-** Sandwiches  
Fruit  
**Snack-** Crackers



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## Week 3

### Monday

**Lunch-** Vegetarian Curry & Rice  
Yoghurt

**Tea-** Cheesy Pitta  
Fruit

**Snack-** Breadsticks

### Tuesday

**Lunch-** Mushroom and Sweetcorn Pasta Bake  
Banana Lolly

**Tea-** Cheese Scone  
Vegetable Sticks

**Snack-** Crackers

### Wednesday

**Lunch-** Vedgeree  
Cheese and Biscuits

**Tea-** Savoury Muffin  
Fruit

**Snack-** Crumpets

### Thursday

**Lunch-** Jacket Potato with Fillings  
Carrot Cake Muffin

**Tea-** Cheese Quesadilla  
Fruit

**Snack-** Teacakes

### Friday

**Lunch-** Quorn Sausage, Wedges and Peas  
Fruit Salad

**Tea-** Sandwiches  
Vegetable Sticks

**Snack-** Potato Cakes

## Week 4

### Monday

**Lunch-** Macaroni and Cheese  
Cheese Cracker

**Tea-** Bagel and Cream Cheese  
Vegetable Sticks

**Snack-** Potato Cakes

### Tuesday

**Lunch-** Quorn Chilli & Cous Cous  
Fruit Yoghurt

**Tea-** Cheese Wraps  
Fresh Fruit

**Snack-** Crumpets

### Wednesday

**Lunch-** Vegetable Fingers  
Mash and Peas  
Fruit Salad

**Tea-** Cheese Wrap  
Vegetable Sticks

**Snack-** Melon

### Thursday

**Lunch-** Vegetable Curry & Rice  
Banana

**Tea-** Mediterranean Rice Cakes  
Apple Slice

**Snack-** Crackers

### Friday

**Lunch-** Quorn Sausage, Wedges & Beans  
Watermelon

**Tea-** Sandwiches  
Fresh Fruit

**Snack-** Breadsticks

