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**Week 1 Nest Menu – Spring/Summer 2024**

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| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Toast  Cereal  Banana | Toast  Cereal  Banana | Toast  Cereal  Banana | Toast  Cereal  Banana | Toast  Cereal  Banana |
| **Lunch** | **Lentil ragu with organic pasta and cheese** | **Sweet potato and courgette dahl with rice** | **Minted lamb and potato casserole with wholemeal roll** | **Mediterranean tuna and cous cous** | **Veggie meatballs in gravy with new potatoes and sliced carrots** |
| **Pudding** | Flapjack | Organic mango and vanilla yeo valley yoghurt | Beetroot and chocolate sponge cake | Fruit salad | Strawberry organic yeo valley yoghurt |
| **PM Snack** | See snack menu | See snack menu | See snack menu | See snack menu | See snack menu |
| **Tea** | **Beans on Toast** | **EYC Vegan sausage roll and salad** | **Fish fingers, peas, bread and butter** | **Turkey/tuna mayo wholemeal sandwiches** | **Ham and cheese ploughmans** |
| **Pudding** | Organic yogurt | Fromage frais and fresh fruit | Fresh fruit | Fresh fruit | Organic yogurt |

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**Week 2 Nest Menu – Spring/Summer 2024**

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| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Toast  Cereal  Banana | Toast  Cereal  Banana | Toast  Cereal  Banana | Toast  Cereal  Banana | Toast  Cereal  Banana |
| **Lunch** | **Lamb dhansak with wholemeal rice and naan** | **Roasted pepper and lentil sauce with couscous** | **Roast turkey in gravy with new potatoes and mixed veg** | **Vegan Bolognese with organic pasta and cheese** | **Macaroni cheese, peas and sweetcorn** |
| **Pudding** | Raspberry organic yeo valley yoghurt | Flapjack | Fruit salad | Organic mango and vanilla yeo valley yoghurt | Summer berry sponge |
| **PM Snack** | See snack menu | See snack menu | See snack menu | See snack menu | See snack menu |
| **Tea** | **Cheese and ham wraps with salad** | **Spaghetti on toast** | **Tomato and cheese pasta** | **Tuna pasta and sweetcorn** | **Ham/tuna mayo sandwiches with salad** |
| **Pudding** | Fresh fruit | Organic yogurt | Fresh fruit | Organic yogurt | Organic yogurt |

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**Week 3 Nest Menu – Spring/Summer 2024**

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| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Toast  Cereal  Banana | Toast  Cereal  Banana | Toast  Cereal  Banana | Toast  Cereal  Banana | Toast  Cereal  Banana |
| **Lunch** | **Sweet potato and pea korma with rice** | **Roast beef with gravy, new potatoes and seeetcorn** | **Spring vegetable casserole with a wholemeal roll** | **Veggie meatball marinara with wholemeal pasta** | **Shepherds pie with sliced carrots** |
| **Pudding** | Flapjack | Strawberry organic yeo valley yoghurt | Ginger sponge | Fruit salad | Organic raspberry yeo valley yoghurt |
| **PM Snack** | See snack menu | See snack menu | See snack menu | See snack menu | See snack menu |
| **Tea** | **Fish fingers, peas, bread and butter** | **EYC Vegan sausage roll and salad** | **Beans on toast** | **Ham and cheese ploughmans** | **Turkey/tuna mayo wholemeal sandwiches with salad** |
| **Pudding** | Fresh fruit | Fromage frais and fresh fruit | Organic yogurt | Fresh fruit | Organic yogurt |

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**Week 4 Nest Menu – Spring/Summer 2024**

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| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Toast  Cereal  Banana | Toast  Cereal  Banana | Toast  Cereal  Banana | Toast  Cereal  Banana | Toast  Cereal  Banana |
| **Lunch** | **Sweet and sour chicken with rice** | **Fish tacos with wholemeal rice** | **Quorn, edamame beans and pesto sauce organic pasta** | **Veggie sausages in gravy with new potatoes and sweetcorn** | **Organic beef chilli with baked potato and cheese** |
| **Pudding** | Organic mango and vanilla yeo valley yoghurt | Flapjack | Organic strawberry yeo valley yoghurt | Raspberry sponge | Fruit salad |
| **PM Snack** | See snack menu | See snack menu | See snack menu | See snack menu | See snack menu |
| **Tea** | **Spaghetti on toast** | **Cheese and ham wraps with salad** | **Ham/tuna mayo sandwiches with salad** | **Fish fingers, peas, bread and butter** | **Tuna pasta and sweetcorn** |
| **Pudding** | Fresh fruit | Organic yogurt | Fresh fruit | Organic yogurt | Organic yogurt |

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