

Triangle House Day Nursery
Weekly Menu

Week Commencing: 16th April 2012



	Breakfast	Lunch	Tea
Monday	Selection of Cereals	Mediterranean vegetable and lentil ragout served with whole wheat pasta Homemade Bakewell Tart served with fromage frais	A selection of freshly prepared sandwiches (including tuna and tomato, & cream cheese and cucumber) on whole wheat bread A selection of fresh, seasonal fruits and yoghurt
Tuesday	Selection of Cereals	Swedish pork and apple meatballs served with wilted spinach, carrots and brown rice Banoffee Pie	Fresh, filled tortellini in a homemade tomato sauce A selection of fresh, seasonal fruits and yoghurt
Wednesday	Selection of Cereals	French style chicken with peas, bacon, braised lettuce and leeks Rachel's famous Key Lime Pie!	Sardines in tomato sauce on whole wheat toast triangles A selection of fresh, seasonal fruits and yoghurt
Thursday	Selection of Cereals	Fisherman's Pie served with broccoli and green beans Red berry tart	Vegetable Pizzas, freshly made by Rachel and our preschoolers! A selection of fresh, seasonal fruits and yoghurt
Friday	Selection of Cereals	Hungarian lamb goulash with tomatoes, aubergines, courgettes and chickpeas served with whole wheat pitta breads Apricot Fool	A selection of freshly prepared wraps, including shredded carrot and Houmous A selection of fresh, seasonal fruits and yoghurt