

Nursery Kitchen Menu Week Commencing 13/11/17

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable Tagine & Cous Cous	Hungarian Goulash	Braised Vegetable and Barley Stew	Country Italian Chicken and Bean Casserole Ouorn chicken & vegetable pie	Cheesy Vegetable Gratin
Ingredients	Ingredients	Ingredients	Ingredients	Ingredients
Lemon & Coriander Couscous (Wheat, Gluten), Lemon, Coriander Leaves), Chopped Tomatoes, Spanish Onions, Carrots, Courgettes, Butternut Squash, Parsnips, Chickpeas, Kidney Beans, Passata, Water, Tomato Purée, Cornflour, Garlic, Sunflower Oil, Ground Cumin, Ginger, Ground Coriander, Turmeric.	Water, Diced Beef, Chopped Tomatoes, Potatoes, Spanish Onions, Mixed Peppers, Broccoli, Carrots, Swede, Parsnips, Arrowroot, Sunflower Oil, Gravy Thickener, Worcester Sauce (Sulphites), Sarson's Gravy Browning, Black Pepper.	Mini Roast Potatoes (Potatoes, Sunflower Oil), Gravy, Carrots, Swede, Parsnips, Spanish Onions, Cauliflower, Cannellini Beans, Pearl Barley, Arrowroot, Worcester Sauce (Sulphites), Sunflower Oil, Vegetable Bouillon, Marmite (Barley, Celery), Dried Thyme, Sarson's Gravy Browning, Bay Leaf.	Creamy Mashed Potato (Milk), Milk, Water, Diced Chicken Breast, Cheddar Cheese (Milk), Garden Peas, Sweetcorn, Spanish Onions, Plain Flour (Wheat, Gluten), Butter (Milk), Sunflower Oil, Ground White Pepper, Bay Leaves. Creamy Mashed Potato (Potato, Butter (Milk), Whole Milk, Pepper), Whole Milk, Water, Quorn Chicken Pieces (Egg), Cheddar Cheese (Milk), Garden Peas, Sweetcorn, Spanish Onions, Plain Flour (Wheat, Gluten), Butter (Milk), Sunflower Oil, Pepper, Bay Leaf.	Garden Peas, Butternut Squash, Potato, Sweet Potatoes, Spanish Onions, Chickpeas, Cheddar Cheese (Milk), Water, Red Lentils, Sunflower Oil, Garlic, Thyme, Parsley.

