

Our Meals

KNOWLE WEST NURSERY SCHOOL

Our meals are all cooked onsite by our chef Tatiana.

We use fresh vegetables and herbs from our garden whenever possible.

The children have regular Food Sessions where they can explore and grow fresh produce.

Our meals all contain extra vegetables, lentils and beans to make sure we are providing a balanced dish.

We serve a mix of wholegrain and white rice and pasta.

We can cater for vegetarians, vegans or religious diets on request.

We can cater for allergies but must know in advance.

We only serve water or milk.

We only use free range eggs.

Please let us know if you have any feedback or suggestions, or want to get involved with our Food Project.



Week One

AUTUMN MENU

Monday

Pasta with tomato sauce and grated cheese with seasonal vegetables

Tuesday

Roast chicken with roast potatoes seasonal vegetables and gravy

Wednesday

Packed lunches

Thursday

Sausage hotpot with rice and seasonal vegetables

Friday

Fish fingers with chips and baked beans or peas

Pudding each day will be fresh fruit with yoghurt or a homemade low sugar pudding

Alternatives for special diets are available on request



Week Two

AUTUMN MENU

Monday

Pasta with cheese sauce with seasonal vegetables

Tuesday

Fish fingers with chips and baked beans or peas

Wednesday

Packed lunches

Thursday

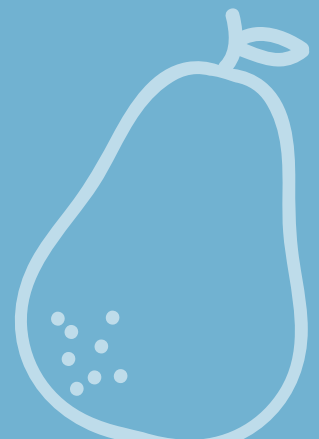
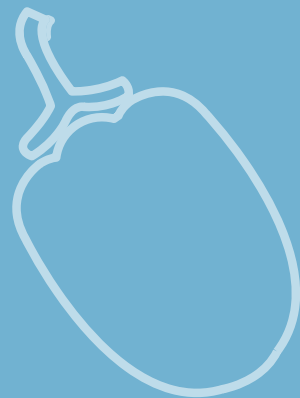
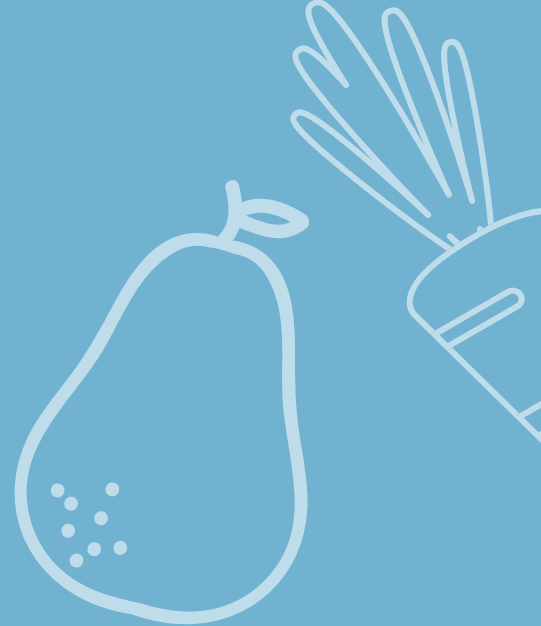
Sausages (meat or vegetable) with mashed potato, gravy and seasonal vegetables

Friday

Chicken with rice and seasonal vegetables

Pudding each day will be fresh fruit with yoghurt or a homemade low sugar pudding

Alternatives for special diets are available on request



Week Three

AUTUMN MENU

Monday

Fish fingers with chips and baked beans or peas

Tuesday

Sausage hotpot with rice and seasonal vegetables

Wednesday

Packed lunches

Thursday

Roast chicken with roast potatoes seasonal vegetables and gravy

Friday

Pasta with tomato sauce and grated cheese with seasonal vegetables

pudding each day will be fresh fruit with yoghurt or a homemade low sugar pudding

Alternatives for special diets are available on request



Week Four

AUTUMN MENU

Monday

Chicken with rice and seasonal vegetables

Tuesday

Sausages (meat or vegetable) with mashed potato, gravy and seasonal vegetables

Wednesday

Packed lunches

Thursday

Fish fingers with chips and baked beans or peas

Friday

Pasta with cheese sauce with seasonal vegetables

Pudding each day will be fresh fruit with yoghurt or a homemade low sugar pudding

Alternatives for special diets are available on request

