

EVERTON NURSERY SCHOOL AND FAMILY CENTRE

WEEK ONE Monday 7th November 2022 – Friday 11th November 2022
Monday 5th December 2022 – Friday 9th December 2022

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Macaroni Cheese with Broccoli Salad Bowl	Roast Turkey with Roast Potatoes Baby Carrots and Gravy Salad Bowl	Mince Beef and Vegetables with Rice Salad Bowl	Vegetable Soup with Assorted Rolls Salad Bowl	Fish Pie Salad Bowl
Vegetarian Option	Same as Main	Vegetable Mince	Vegetable Mince	Same as Main	Same as Main
Halal Option	Same as Main	Halal Chicken	Halal Mince	Same as Main	Same as Main
Desserts	Fairy Cake Glass of Milk	Fresh Fruit Salad	Fruit Yogurt	Ice Cream Roll	Banana and Custard

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WEEK TWO Monday 14th November 2022 – Friday 18th November 2022
Monday 12th December 2022 – Friday 16th December 2022

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Beef with Noodles and Sweet Corn Salad Bowl	Sausage Casserole with Sweet Potato Salad Bowl	Fish Cake with Boiled Potatoes and Peas Salad Bowl	Lamb Stew with Baby Dumplings Salad Bowl	Sweet & Sour Chicken with Rice and Country Vegetables Salad Bowl
Vegetarian Option	Quorn Pieces	Quorn Sausage	Same as Main	Quorn Pieces	Quorn Strips
Halal Option	Halal Beef	Halal Chicken Sausage	Same as Main	Halal Lamb	Halal Chicken
Desserts	Raspberry Mouse	Fruit Jelly with Ice Cream	Cheese Scone Glass of Milk	Fresh Fruit Salad	Fruit Yogurt

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WEEK THREE Monday 21st November 2022 – Friday 25th November 2022

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Corn Beef Hash with Baked Beans Salad Bowl	Sweet Potato Soup with Assorted Rolls Salad Bowl	Ham & Cheese Potato Bake Salad Bowl	Roast Beef with Roast potatoes Cauliflower and Gravy Salad Bowl	Turkey Mince Bolognaise with Garlic Bread Salad Bowl
Vegetarian Option	Quorn Mince	Same as Main	Cheese Potato Bake	Quorn Pieces	Quorn Mince
Halal Option	Halal Mince	Same as Main	Cheese Potato Bake	Halal Beef	Halal Chicken
Deserts	Chocolate Sponge and Custard	Banana Split	Fresh Fruit Salad	Fruit Yogurt	Rice Pudding

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WEEK FOUR Monday 31st October 2022 – Friday 4th November 2022
Monday 28th November 2022 – Friday 2nd December 2022

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Sausage & Mash with Carrot & Swede and Onion Gravy Salad Bowl	Chicken Korma with Rice and Naan Bread Salad Bowl	Beef & Vegetable Pie with Duchess Potatoes and Broccoli Salad Bowl	Salmon Bites with Potato Wedges and Green Beans Salad Bowl	Pork with Noodles and Baby Corn Salad Bowl
Vegetarian Option	Vegetable Sausage	Quorn Pieces	Vegetable Nuggets	Same as Main	Vegetable Strips
Halal Option	Halal Chicken Sausage	Halal Chicken	Halal Beef	Same as Main	Halal Chicken
Deserts	Strawberry Mouse	Ice Cream and Raspberry Sauce	Sponge Cake Glass of Milk	Mandarin Jelly	Fruit Yogurt