

The Gower School Nursery Menu – Summer 2021

Week One



<i>Week One</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Breakfast</i>	Selection of cereals Weetabix, Cornflakes, Rice Krispies and toast with fresh fruit - Monday to Friday Porridge - Monday and Wednesday				
<i>Lunch</i>	Penne pasta in tomato and spinach sauce topped with grated cheese	Carrot, courgette, butternut squash and parsnip pie with a puff pastry crust	Lentil, carrot, pepper, onion and courgette chilli	Vegetable wellington and roast potatoes	Tomato, mozzarella and basil pizza
<i>Served with</i>	Oven roasted red onion, pepper, courgette and tomato ratatouille	Steamed cauliflower and cabbage	Red kidney bean rice, sweetcorn and roast peppers	Carrots, broccoli and gravy	Potato wedges peas and sweetcorn
<i>Dessert</i> <i>All our desserts are low sugar</i>	Coconut rice pudding with sliced banana	Greek yoghurt served with a fruit compote	Pea, lemon and vanilla cupcake	Greek yoghurt served with fruit compote	Banana loaf
<i>Tea</i> <i>All dishes are served with a selection of fresh fruit</i>	Carrot and sweet potato soup Served with freshly baked garlic bread	Jacket potato with baked beans, grated cheese and lightly steamed carrot batons	Selection of sandwiches (cheese and tomato, cucumber and cream cheese, and egg mayonnaise) with vegetable crudité	Pesto pasta with vegetable crudité	Greek pasta salad with rosemary focaccia