

The Gower School Nursery Menu – Summer 2021

Week Two



<i>Week Two</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>	Macaroni cheese	Lightly spiced sweet potato, butternut squash spinach and red lentil curry	Spinach and feta strudel with a tangy tomato sauce	Roasted butternut squash and spinach tagine	A mixture of oven baked potatoes
<i>Served with</i>	Garden peas, roasted carrots and garlic bread	Steamed rice, roasted turmeric cauliflower and naan bread	Sweetcorn and roasted courgette	Lemon couscous Carrots and green beans	Baked beans, grated cheese and chunky vegetable arrabiata
<i>Dessert</i> <i>All our desserts are low sugar</i>	Greek yoghurt with a homemade fruit coulis	Carrot and coconut cake	Lemon shortbread and cream	Apple and cinnamon crumble and custard	Mixed fruit jelly
<i>Tea</i> <i>All dishes are served with a selection of fresh fruit</i>	Lentil and sweet potato patties served with a homemade tomato sauce and a selection of steamed vegetables	Roasted vegetable and pesto wraps with vegetable crudités	Mixed vegetable soup with wholemeal pitta bread	Margherita pizza pin wheels with a mixed garden salad	Selection of sandwiches (cheese and tomato, cucumber and cream cheese, and egg mayonnaise) with vegetable crudités