

The Gower School Nursery Menu – Summer 2021

Week Three



<i>Week Three</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>	Vegetable paella	Mozzarella, tomato and basil pizza	Vegetable and Quorn mince lasagne	Mixed peppers, courgette, carrot and tofu egg noodles in a teriyaki sauce	Quorn sausages with mashed potato
<i>Served with</i>	Mixed summer salad	Potato wedges sweetcorn and kale	Roasted courgette and aubergine	Stir fried red onion, pak choi, mixed peppers, bean sprouts and shredded Chinese cabbage	Cauliflower cheese, carrots and onion gravy
<i>Dessert</i> <i>All our desserts are low sugar</i>	Fresh fruit salad	Spinach, yoghurt and coconut cake	Melon medley	Vanilla infused rice pudding	Orange drizzle cake
<i>Tea</i> <i>All dishes are served with a selection of fresh fruit</i>	Spinach and pea frittata with bread and butter	Mashed potato with cheese and spring onion and a summer salad	Selection of sandwiches (cheese and tomato, cucumber and cream cheese, and egg mayonnaise) with vegetable crudités	Sweet potato and carrot savoury muffins with vegetable crudités	Scrambled eggs on toast with baked beans and vegetable crudités