

Perth & Kinross Nursery Menu 2021-22



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	13 September 8 November 6 December 3 January 31 January 28 February 28 March Lentil Soup (Ve) with Crusty Bread Chicken Curry Rice Mixed Vegetables	Traditional Mince & Doughballs Boiled Potatoes Peas Tiffin with Mandarins (V)	Roast Beef in Gravy with Yorkshire Pudding Mashed Potatoes Broccoli & Cauliflower	Tomato Soup (Ve) with Crusty Bread Vegetable Burrito (Ve) Pilau Rice Carrots	Salmon & Sweet Potato Fishcake Peas & Sweetcorn Cheese & Crackers with Apple (V)
WEEK 2	20 September 18 October 15 November 13 December 10 January 7 February 7 March Minestrone Soup (Ve) with Pitta Bread Tuna Mayo Baked Potato Mixed Salad	Cheese & Tomato Pizza (V) Sweet Chilli Pasta Salad Sweetcorn Oatie Biscuit with Banana Slices (Ve)	Steak Pie Roast Potatoes Broccoli & Cauliflower Gingerbread Muffin with Pears (V)	BBQ Chicken Boiled Potatoes Green Beans Ice Cream With Apple (V)	Leek & Potato Soup (Ve) with Crusty Bread Veggie Bites (V) Diced Potatoes Baked Beans
WEEK 3	30 August 27 September 25 October 22 November 20 December 17 January 14 February 14 March Tomato Soup (Ve) with Crusty Bread Salmon Fish Fingers Boiled Potatoes Sweetcorn	Chicken in Gravy with Yorkshire Pudding Roast Potatoes Carrots Jelly with Peaches (Ve)	Macaroni Cheese (V) Crusty Bread Peas Chocolate Brownie with Banana Slices (V)	Steak Pie Boiled Potatoes Mixed Vegetables Shortbread with Apple (V)	Garlic Bread with Dip (V) Quorn Pasta Bake (V) Broccoli and Cauliflower
WEEK 4	6 September 4 October 1 November 29 November 24 January 21 February 21 March Lentil Soup (Ve) with Pitta Bread Salmon & Sweet Potato Fishcake Mashed Potatoes Baked Beans	Creamy Chicken & Ham Pie Roast Potatoes Broccoli Oven Baked Doughnut with Apple (V)	Cheese Swirls (V) Tomato Pasta (Ve) Peas	Cheese & Tomato Pizza (V) Diced Potatoes Carrots Banana Loaf and Pears (V)	Mince Filled Yorkshire Pudding Boiled Potatoes Mixed Vegetables Jelly with Mandarins (Ve)



Fruit and Salad available daily

* may contain nuts
** may contain sesame

(V) Vegetarian
(Ve) Vegan