



Green Oaks Day Nursery
 Jubilee Cottage
 Enfield Road
 EN2 7HU

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Broccoli & Garlic Pasta	Cajun chicken/quorn with skin-on wedges + mixed veg	Vegetable Risotto + Garlic bread	Vegetable Pie + Green Beans	Fish Fingers/Veggie Patties + Potato Wedges + Peas
Ingredients:	Penne pasta 750g, olive oil, broccoli x3, garlic cloves, black pepper, lemons	Chicken, cajun spice, olive oil, potatoes, vegetables	Risotto rice 1kg, peas, veg stock, onions, celery, parmesan, carrots, lemons	Puff pastry x3, Mushrooms, peas, carrots, courgettes, veg gravy, potatoes, oat milk, green beans, green lentils	Potatoes, fish fingers milk, breadcrumbs, peas, chives, carrots, lemon, sweetcorn, egg
Allergens:	Gluten, celery	Gluten, egg	Celery, gluten	gluten	Fish, egg, gluten
Tea	Homemade Salmon and Vegetable Fried Rice + Green Beans with Garlic	Greek Orzo salad with Feta, Olives and Tomatoes	Jacket Potatoes with Cheese/Beans	Cheese and onion pinwheels with baked beans and Salad	Pita pockets with tuna and cheese and crudites
Ingredients:	Salmon fillets, basmati rice 500g, carrots, spring onions, green beans, edamame beans, garlic, olive oil, soy sauce, black pepper	Orzo pasta x500g, feta cheese, black pitted olives, cherry tomatoes, oregano, lemon, red wine vinegar, red onion, olive oil, fresh parlsey	Potatoes, baked beans, cheese, vegan cheese	Cheese/dairy free cheese, onions, puff pastry, baked beans	Pitta, tuna, cheese, dairy free cheese, mayonnaise, cucumber, carrots, peppers
Allergens:	Wheat, gluten, sesame, fish	Wheat, Gluten, dairy,	dairy	Wheat, dairy	Gluten, dairy



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Thai Green Veggie Curry + Rice	Roasted Chicken thighs/Quorn Fillets with Roast Potatoes and Carrots	Sausages + Mash Potato + Peas	Turkey bolognaise and spaghetti	Macaroni Cheese with Greens
Ingredients:	Coconut milk, thai green curry paste, courgettes, aubergine, green beans, chickpeas, basmati rice, garlic, ginger	Boneless Chicken thighs, Quorn fillets, potatoes, carrots, olive oil, rosemary, black pepper	vegan sausages, Vegan sausages, potatoes, butter, milk/oat milk, peas, black pepper, gravy	Turkey mince, chopped tomatoes, mushrooms, onion, garlic	Macaroni pasta x1kg, spinach, garlic, onions, stork butter, plain flour, oat milk, cheddar, vegan cheese
Allergens:	Barley, soya	Soya, egg (Quorn)	Soya, wheat, celery	gluten	Wheat, gluten, dairy
Tea	Rainbow Veggie pizza	Linguine carbonara	Variety of Sandwiches and crudites	Salmon and potato salad	Bean stew with crusty bread
Ingredients:	Puff pastry, pizza sauce, cheese/dairy free cheese, red onion, mushrooms, olives, courgette, peppers	Turkey slices	Sliced chicken, cheese, sliced bread, celery, carrots	Salmon, potatoes, spring onions, cucumber, parsley, olive oil, lemon	White beans, tomato passata, olive oil, onions, celery, carrot
Allergens:	Wheat, gluten, dairy	Egg	Wheat, gluten, dairy, soya	fish, gluten, dairy	Wheat, gluten, celery



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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Italian Pasta Salad with Crusty Bread	Brunch - Sausages, Scrambled Eggs + Garlic Mushrooms, beans, toast	Vegetable Lasagne + Mixed veg	Veggie/Chicken Burgers in Brioche Buns + Corn on the Cob + Wedges	Tacos + Lime and Sweetcorn Rice
Ingredients:	Fusilli pasta, basil, mozzarella, cherry tomatoes, red onion, red pepper, artichoke hearts, olive oil, red wine vinegar, oregano, black pepper	Toast, butter, turkey and vegan sausages, baked beans, eggs x15, cherry tomatoes, button mushrooms	Lasagne sheets x2 packs, passata, onions, garlic, mushrooms, green lentils, cheddar, vegan cheese, parmesan, plain flour, oat milk	Chicken breasts, red lentils, carrots, peas, breadcrumbs, brioche buns, corn on the cob	Taco Shells, peppers, onion, kidney beans, sweet smoked paprika, cumin, garlic powder, coriander, basmati rice, sweetcorn
Allergens:	Wheat, gluten, dairy	Wheat, gluten, soya, egg	Wheat, gluten, dairy	Wheat, gluten, egg	Wheat, gluten
Tea	Variety of wraps + Crudites	Black Bean Quesadillas + sweetcorn	Egg fried rice with peas and spring onions	Cheese + Vegetable Flatbreads	Butter Bean Pinwheels + Baked Beans
Ingredients:	Wraps, chicken slices, cheese, cream cheese, smoked salmon, cucumber, carrots, celery, red pepper, mayonnaise	Tortilla wraps, black beans, cheese/vegan cheese, coriander, cumin, sweetcorn,	Rice, spring onions, soy sauce, eggs	Flatbreads, cheese/vegan cheese, courgette, red onion, mushrooms, peppers, oregano	Puff pastry, butter beans, mint, lemon, garlic, olive oil, baked beans x3
Allergens:	Wheat, gluten, dairy, fish, celery, soya	Wheat, gluten, soya, dairy	Egg	Wheat, gluten, dairy, soya	Gluten,wheat, soya



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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Coconut Fish curry with rice	Vegetable noodle stir fry	Lentil Spaghetti Bolognese + Garlic Bread	Chicken/Veg Fajitas + Corn on the Cob	Baked salmon with potato tots and veg
Ingredients:	Fish fillets x12, onions, garlic, garam masala, turmeric, coriander, cumin, 2x coconut milk	Peppers, broccoli, onions, mushrooms, noodles	Spaghetti, green lentils, mushrooms, passata, onion, garlic, oregano, bread, garlic, butter, cheese/vegan cheese	Chicken breasts, mixed peppers, red onion, tortilla wraps, sweet smoked paprika, cumin, garlic powder, coriander, corn on the cob	Salmon, potatoes, vegetables, margarine, parsley
Allergens:	Fish	Gluten, wheat, soya	Gluten, wheat, dairy	Gluten, wheat	Fish, mustard, gluten, wheat
Tea	Homemade Nut Free Penne Pesto	Vegetarian Meatball & Tomato Puff Pastry Pie	Mini Omelettes + baked beans	Veggie sausage rolls with salad	Bagels with cream cheese and salmon/cheese
Ingredients:	Penne Pasta, basil, olive oil, lemon juice, parmesan, garlic	Puff pastry, vegetarian meatballs, pizza sauce, cheese, dairy free cheese, mushrooms	Eggs x18, mushrooms, pepper, courgette, oat milk, cheese/vegan cheese	Vegan sausages, puff pastry, cucumber, lettuce, tomatoes	Bagels, salmon, cream cheese, DF cream cheese, grated cheese, DF grated cheese, cucumbers.
Allergens:	Wheat, gluten, dairy	Gluten, dairy, wheat, soya	Egg, dairy, soya	Gluten, Wheat	Dairy, gluten, wheat, fish