



Green Oaks Day Nursery
Jubilee Cottage
Enfield Road
EN2 7HU

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Broccoli & Garlic Pasta	Homemade Chicken/Veggie Korma with Rice	Vegetable Pie with Mash Potatoes and Green Beans	Fish/Veggie Fingers, chips and peas	Chicken Burgers in a Brioche Bun with Baked Beans and potato wedges
Ingredients:	Penne pasta, olive oil, broccoli, garlic cloves, black pepper, lemon	Chicken, onion, garlic, ginger, cumin, coriander, turmeric, chilli powder, coconut milk, basmati rice	Potatoes, carrots, peas, mushrooms, green lentils, gravy granules, green beans	Potatoes, peas, fish fingers, veggie fingers	Chicken breast, brioche bun, baked beans, potatoes
Allergens:	Gluten		Gluten, Dairy	Gluten, Egg,	Gluten, Egg
Tea	Pita Pockets with Cheese and Tuna	Chickpea stew with Bread	Puff Pastry Pizza with Salad	Jacket Potatoes with Cheese and Beans	Baked feta and tomato pasta
Ingredients:	Pitta bread, cheddar cheese, tuna	Chickpeas, tomato passata, celery, onions, carrots, bread	Puff pastry, cheese, pizza sauce, mushrooms, peppers, olives, sweetcorn, lettuce, tomatoes, cucumber, lemon	Potatoes, cheese, beans	Pasta, feta cheese, tomato passata, tomatoes
Allergens:	Gluten, Dairy	Wheat, Gluten, Celery	Wheat, Gluten, Dairy	Dairy	Gluten, Dairy

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Chicken and Root Vegetable Hot Pot	Fish goujons with chips and peas	Butternut Squash Curry + Rice + Poppadoms	Cheese and Pesto Chicken with mixed vegetables	Macaroni Cheese with Greens
Ingredients:	Chicken, leeks, carrots, celery, potatoes, green beans, dairy free soft cheese	Fish, flour, egg, breadcrumbs, potatoes, peas	Butternut squash, onion, curry paste, veg stock, chopped tomatoes, chickpeas, yoghurt, basmati rice, poppadoms	Chicken breast, basil, parmesan, olive oil, mixed veg, garlic, mozzarella	Macaroni pasta x1kg, spinach, garlic, onions, stork butter, plain flour, oat milk, cheddar, vegan cheese
Allergens:	Celery	Gluten, Dairy, Fish, Egg	Dairy, Celery	Dairy	Gluten, Dairy
Tea	Butter Bean Pin Wheels with Salad	White Bean Stew with Bread Rolls	Italian Pasta Salad	Lentil, Carrot and Coriander Soup with Bread	Variety of Sandwiches and Vegetable Crudites
Ingredients:	Butter beans, olive oil, lemon, garlic, parsley, puff pastry, cucumber, red peppers, tomatoes	Bread rolls, White beans x5, onions, garlic, carrots, celery, tinned tomatoes, bay leaves	Fusilli pasta, tomato, black olives, cucumber, oregano, red onion, olive oil, basil, red wine vinegar, mozzarella	Carrots, red lentils, coriander powder, veg stock, onion, bread rolls	Sliced bread, sliced chicken, sliced cheese, margarine, carrots, celery, peppers, cheese
Allergens:	Gluten	Gluten, Celery	Gluten, Dairy	Gluten	Gluten, Dairy

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Tuna Pasta Bake with Broccoli	Brunch - Sausages, Scrambled Eggs + Beans Roasted Tomatoes + Toast	Roast Chicken and Vegetable Tray Bake	Red Lentil Dahl with Sweet Potato, Spinach and Rice	Lentil and Vegetable Lasagne with garlic bread
Ingredients:	Penne pasta, broccoli, lemon, garlic, olive oil, tuna	Toast, butter, turkey and vegan sausages, baked beans, eggs, cherry tomatoes, button mushrooms	Chicken thighs x3kg, carrots, parsnips, potatoes, onions, tomatoes, olive oil, thyme	Onion, garlic, ginger paste, cumin, coriander, turmeric, garam masala, red lentils, veg stock, coconut milk, lemon, rice, spinach	Green lentils, carrots, mushrooms, onions, garlic, tomato paste, tinned tomatoes, lasagne sheets, grated parmesan, vegan cheese, baguettes
Allergens:	Gluten	Gluten, Egg			Gluten, Dairy
Tea	Leek and Potato Soup with Bread Rolls	Black Bean Quesadillas + sweetcorn	Veggie Tacos with Mexican Rice	Bulgar and Vermicelli in Tomato Sauce with Greek Yoghurt	Gnocchi with a cream and spinach sauce
Ingredients:	Butter, leeks, onions, potatoes, chives, veg stock, bread rolls	Black beans x4, cumin, oregano, spring onions, red pepper, cheese, oil, corn wraps	Tacos, quorn mince, onions, courgettes, peppers, rice, paprika, sweetcorn, cheese	Bulgar wheat, onions, vermicelli, chopped tomatoes, green yoghurt, dairy free yoghurt	Gnocchi, creme fraiche, white beans, spinach, onion, veg stock, garlic
Allergens:	Dairy, gluten	Dairy	Gluten, Egg, Dairy	Wheat, Dairy	Dairy, Celery

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Tomato and Bean Soup with Crusty Bread	Vegetable Cottage Pie with Broccoli	Veggie Chilli Sin Carne with Rice	Lentil Bolognese with Spaghetti and Garlic bread	Baked Salmon & Mash potatoes and veg
Ingredients:	Olive oil, onion, garlic, carrot, tinned tomatoes, veg stock, white beans, bread rolls	Carrots, potatoes, mushrooms, lentils, peas, gravy, broccoli	3x quorn mince, onions, red peppers, garlic, paprika, cumin, coriander, chili powder, chopped tomatoes, passata, red kidney beans, veg stock, rice	Spaghetti, green lentils, mushrooms, passata, onion, garlic, oregano, bread, garlic, butter, cheese/vegan cheese	Salmon fillets, potatoes, lemon, olive oil, oat milk, margarine, veg
Allergens:	Gluten	Celery	Celery	Gluten, Dairy	Egg, Gluten
Tea	Homemade Nut Free Penne Pesto	Variety of Wraps with Veg sticks	Variety of Mini Omelettes	Mujadara with Greek Yoghurt	Vegetable Fajitas
Ingredients:	Penne Pasta, basil, olive oil, lemon juice, parmesan, garlic	Wraps, smoked salmon, soft cheese, dairy free soft cheese, cheese, avocado, cucumber, carrots, celery	Eggs, mushrooms, pepper, courgette, oat milk, cheese/vegan cheese	Green lentils, long grain rice, onions, red wine vinegar, greek yoghurt/dairy free yog	Flour tortillas, red beans, avocado, mixed peppers, red onion, garlic, coriander, cumin, smoked paprika, chilli powder, lemons
Allergens:	Gluten	Dairy, Gluten, Fish	Eggs	Dairy	Gluten, Dairy