**Ryhope Early Days Nursery**

**Week 1 Menu**

**Lunch Sweet**

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| **WEEK 1** | **MON** | **CORNBEEF PIE & MASH** (corn beef, plain flour, butter, egg, potatoes, milk) | **SPONGE CAKE & CUSTARD** (Self-rising flour, butter, caster sugar, egg, custard powder) |
| **TUE** | **CHEESY TOMATOE PASTA & GARLIC BREAD** (cheese, fresh tomato, tomato puree, pasta, garlic) | **FRUIT SALAD AND ICE CREAM** Orange, Apple, Pear, Pineapple, Grapes, vanilla Ice Cream) |
| **WED** | **MINCE & DUMPLING, MASH & VEGETABLES** Mince beef, Dumpling, lupine, Plain Flour, Vegetable suet mix, Gravy (containing gluten & soya) | **FLAPJACK & CUSTARD** (oats, butter, caster sugar, syrup, custard powder) |
| **THUR** | **SAUSAGE, ROASTIES & SPEGHETTI** (pork sausage, potatoes, spaghetti) | **GINGER CAKE & CUSTARD** (Self-rising flour, butter, caster sugar, egg, ginger, custard powder) |
| **FRI** | **HOMEMADE PIZZA & WEDGES** (plain flour, yeast, water, tomato puree, mozzarella cheese, potatoes) | **APPLE CRUMBLE & CUSTARD** (apples, plain flour, butter, caster sugar, custard powder) |

  **Tea Sweet**

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| **WEEK 1** | **MON** |  **BEANS ON TOAST** |  **YOGURT** |
| **TUE** |  **CORNBEEF PIE** |  **HOME MADE COOKIE** |
| **WED** |  **CHICKEN WRAPS** |  **ICE CREAM** |
| **THUR** |  **SPAGHETTI ON TOAST** |  **JAM CAKE** |
| **FRI** |  **HAM SANDWICHES** |  **MIXED FRUIT** |