**Ryhope Early Days Nursery**

**Week 3 Menu**

**Lunch Sweet**

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| **WEEK 1** | **MON** | **LASAGNE, WEDGES & GARLIC BREAD** (pasta sheets, mince beef, mushroom, onion, tomato puree, plain flour, butter, milk, cheese, potato, garlic) | **FRUIT PIE & CUSTARD** (plain flour, butter, caster sugar, egg, peach, pear, blackcurrant, custard powder) |
| **TUE** | **CHICKEN, MASH, VEG, YORSHIRE & GRAVY** (chicken breast, potato, coli, broccoli, peas, carrots, plain flour, milk, egg, gravy(containing gluten & soya) | **JAM CAKE & CUSTARD** (self-rising flour, butter, caster sugar, egg, jam, custard powder) |
| **WED** | **SAUSAGE CASSEROLE, ROASTIES & VEG** (pork sausage, mushrooms, onions, gravy (containing gluten & soya, carrots, potato | **FRUIT SALAD & ICE CREAM** (orange, apple, pear, pineapple, grape, vanilla ice cream) |
| **THUR** | **MINCE HOTPOT & VEG** (mince beef, onion, gravy (containing gluten & soya) sliced potatoes carrots, peas) | **SPONGE CAKE & CUSTARD** (self-rising flour, butter, caster sugar, egg, custard powder) |
| **FRI** | **HOMEMADE CORNBEEF PATTIE, ROASTIES & SPAGHETTI** (corn beef, onion, potato, plain flour, breadcrumbs, spaghetti) | **YOGURT** (milk, puree fruit) |

  **Tea Sweet**

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| **WEEK 1** | **MON** |  **SPAGHETTI ON TOAST** |  **YOGURT** |
| **TUE** |  **HAM SANDWICHES** |  **CHOCOLATE CHIP COOKIE** |
| **WED** |  **HOME MADE PITTA PIZZAS** |  **GINGER CAKE** |
| **THUR** |  **BEANS ON TOAST** |  **YOGURT** |
| **FRI** |  **MINCE HOTPOT** |  **ICE CREAM** |