



A Bright Start Nursery Rumney

Spring/ Summer Menu 2022

Week 1

Monday	Breakfast -	Selection of Cereals or Fruit, Milk / Water
	Lunch -	Lasagne, peas and garlic bread
	Dessert -	Artic Roll
	Tea -	Tomato Soup and a wholemeal roll
	Dessert -	Melon boats and grapes
Tuesday	Breakfast -	Selection of Cereals or Fruit, Milk / Water
	Lunch -	Jacket potato with Cheese and beans
	Dessert -	Cheesecake
	Tea -	Chicken and cucumber Sandwiches and salad
	Dessert -	Ice Lolly
Wednesday	Breakfast -	Selection of Cereals or Fruit, Milk / Water
	Lunch -	Boiled Ham, New Potatoes sweetcorn, peas and parsley sauce
	Dessert -	Strawberries and Ice cream
	Tea -	Tuna and sweetcorn pasta bake
	Dessert -	Chocolate Mousse
Thursday	Breakfast -	Selection of Cereals or Fruit, Milk / Water
	Lunch -	Sweet and Sour chicken with rice and Poppadom's
	Dessert -	Fruit Cocktail
	Tea -	Cheese and ham tortilla wraps
	Dessert -	Fruit yogurt
Friday	Breakfast -	Selection of Cereals or Fruit, Milk / Water
	Lunch -	Fish fingers, mash potato and peas
	Dessert -	Fresh fruit salad
	Tea -	Margarita pizza and salad
	Dessert -	Fruit ice lolly

