

Monkton Nursery School Menu

W E E K O N E	Monday	Tuesday	Wednesday	Thursday	Friday
	Carrots, Celery and Cucumber with Houmous	Strawberries	Carrots, Celery and Cucumber with Houmous	Honeydew Melon	Fruit Platter
	Water	Water	Water	Water	Water
	Mediterranean Vegetables with Cous Cous (VEGAN)	Honey Mustard Roast Chicken with Garlic Mash and Peas (D.F)	Sundried Tomato and Pesto Lasagne (VEGGIE)	Turkey Schnitzel, Roasted Veg and Creamy Tomato Sauce (D.F)	Monkton Fish Pie with Homemade Baked beans
	Deconstructed Berry Cheesecake	Banana, Coconut and Cranberry Flapjacks	Fresh Raspberry and Lemon Yoghurt	Orange and Ginger Squares (D.F)	Baking Activity Dessert / Friday Treat
	Water	Water	Water	Water	Water
Plain Bagels with Cream Cheese	Breadsticks with Sweet Tomato Salsa	Ham, Tuna Sweetcorn and Cheese Sandwiches	Rosemary Crackers with Roasted Pepper Cream Cheese	Wholemeal Pitta Slices with Tzatziki and Houmous	
Apples	Oranges	Pears	Bananas	Apples	
Milk	Milk	Milk	Milk	Milk	

W E E K T W O	Monday	Tuesday	Wednesday	Thursday	Friday
	Carrots, celery and cucumber with houmous	Strawberries	Carrots, celery and cucumber with houmous	Honeydew melon	Fruit Platter
	Water	Water	Water	Water	Water
	Chilli with Herby Mini Roasties (VEGAN)	Turkey Bolognese with Brown Pasta (D.F)	Coconut Sweet Potato and Yellow Split Pea Curry with Brown Rice (VEGAN)	Moroccan Lamb with Chickpeas and Cous Cous (D.F)	Monkton Fish Pie with Homemade Baked Beans
	Toasted Coconut Oats, Berry Coulis, Vanilla Soy Yoghurt	Sticky Apple Cinnamon Squares (D.F)	Fresh Raspberry and Lemon Yoghurt	Banana Chocolate Chip Brownies	Baking Activity Dessert / Friday Treat
	Water	Water	Water	Water	Water
Wholemeal pitta slices with houmous	Breadsticks with salsa	Ham, Tuna Sweetcorn and Cheese Sandwiches	Wholegrain crackers with roast pepper cream cheese	Plain bagels with cream cheese	
Apples	Oranges	Pears	Bananas	Apples	
Milk	Milk	Milk	Milk	Milk	

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As of the start of 2016, Monkton went completely wholegrain, we don't use anything white or refined...(apart from our Bagels on Mondays, which is against my better judgement, but in line with Government guidelines) This includes sugar, (the devil!) our cakes and coulis use Coconut sugar, an unrefined Golden Castor or are sweetened using organic maple syrup or honey. I have also cut out our dried fruit after a very informative Early Years Oral Health seminar. I hadn't realised that baby teeth were so porous, if a little bit of dried fruit stuck in their teeth, they would continue absorbing the sugars right down to the root over the course of the day - scary!

With everything I cook I use either an Organic Coconut Oil or Rapeseed oil, for cold dips an Extra Virgin Olive Oil. All of our main meals are absolutely jam packed with vegetables, most of the time diced and cleverly hidden. As our Environment is changing, so must we, the menu does lean towards a plant based diet now. We still serve meat and fish on certain days, but we have far more Vegan/Vegetarian days now and they are proving more popular than our carnivorous days. I've also made all of our cakes dairy free and Monkton now offers a Roasted Unsweetened Almond milk for those parents wishing to avoid cow's milk.

You can always trust that our meat comes from a reputable butcher, all of our fruit and vegetables come from our local greengrocer and our fish from our local fishmonger, Stuart, who has been serving Monkton for nearly 40 years!

I barely use anything that comes out of a packet, certainly nothing with any preservatives, additives or hidden nasties. Our food is always freshly prepared and much care has gone into making sure each day is nutritionally balanced and very tasty.

Please take advantage of our take-out system, I want to be able to help you out on busier days, you can try the food your child has eaten that day and also help with some great causes. Last month we were able to send £670 to Claire House from our take-aways, which is lovely.

Please always feel you can come to me to discuss any dietary requirements or worries. The kitchen door is always (metaphorically) open! Health and Safety first!

With Love, Lydia xx