

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------|--|--------------------------------------|--|--|--|
| Week 1 Eg w/b 27/6 | Salmon and sour cream Pasta Garlic Bread | Cottage pie Green Beans | Roast Chicken and roast trimmings (Or Quorn Fillets) | Curry Chicken (or Quorn pieces) with vegetables rice & papadoms | Pizza with various fresh toppings Herbed potatoes |
| | Apple cake | Semolina with fruit compote | Rice crispy cake | Fruit salad | Fruit jelly |
| Week 2 Eg. w/b 4/7 | Tomato and Basil Soup with fresh bread | Spaghetti Bolognese | Roast Pork and roast trimmings Or Vegetable Crumble | Home made fish cakes Or Bean patties or vegetable goujons With new potatoes and peas and sweetcorn | Broccoli and cauliflower Cheese bake Garlic bread and new pots |
| | Rice Pudding | Apple crumble and custard | Selection of Fruit and Yoghurt | Fruity Trifle | Rice Crispy cake and fruit |
| Week 3 Eg w/b 11/7 | Vegetable Rissoto | Chili, Rice and peas or sweetcorn | Sausage Casserole With hidden vegetable sauce | Fish Pie | Vegetable pasta bake |
| | Carrot Cake | Rice Crispy cake | Fruit salad | | Fruit and natural yogurt |

Exwick Ark Nursery and Pre-school Cooked lunch menu.

All meals are prepared on the premises where at all possible using fresh vegetables.. Yogurt and fruit is always available.

If you would like your child to have the vegetarian option when they usually have meat please let us know when you bring them to the Exwick Ark.

Through the summer holidays there may be some variations to the menu. Please see the noticeboard for further details.