



Tigger's Nurseries Ltd Lunch Menu

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Magic Pasta Bake [1, 2, 4, 7, 9]	Cottage Pie with Vegetable Potato Top [1, 7, 13]	Roast Chicken, Potatoes & Seasonal Vegetables [1, 2, 13]	Lamb & Aubergine Bake with Cous Cous [2, 7]	Tuna & Sweetcorn Pasta Bake [1, 2, 5, 7]
Seasonal Fruit & Cream [7]	Fruit Compot & Natural Yoghurt [7]	Seasonal Fruit Salad	Fruit Yoghurt [7]	Flapjack [7]
Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable Lasagne & Garlic Bread [2, 7]	Chicken Korma with brown Rice [7]	Beef Stew with Sweet Potato Mash [1, 2, 5]	Cauliflower & Broccoli Gratin with Baked French Bread [2, 7]	Homemade Tuna Fishcakes with New Potatoes, Peas, Sweetcorn & White Sauce [1, 2, 5, 7]
Natural Yoghurt [7] with Seasonal Fruit	Seasonal Fruit Crumble [2] with Whipped Cream [7]	Buttery Fruit Scones [2, 7]	Orange and Grapefruit with Greek Yoghurt [7]	Seasonal Fruit Salad
Week 3				
Monday	Tuesday	Wednesday	Thursday	Friday
Lentil Vegetable Curry with Chapatti [2]	Roast Chicken, Potatoes, Vegetables & Gravy [1, 2, 13]	Beef Goulash with New Potatoes [1, 7]	Chicken Hot Pot with Freshly Steamed Vegetables [1]	Fish Bake with Rice & Broccoli [1, 5, 12]
Natural Yoghurt [7] with Seasonal Fruit Coulis	Fruit Yoghurt [7]	Banana Muffins [2, 7]	Flapjack [7]	Seasonal Fruit Crumble with Whipped Cream [7]
Week 4				
Monday	Tuesday	Wednesday	Thursday	Friday
Tomato & Roasted Vegetable Pasta with a Tomato Sauce [2, 7]	Salmon and New Potatoes with Peas & Sweetcorn [1, 2, 5, 7]	Pasta Bolognaise [2]	Chilli Con Carne with Boiled Rice [1]	Fish Pie with Seasonal Vegetables [1, 2, 5]
Apple & Pear Compote with Natural Yoghurt [7]	Buttery Fruit Scones [2, 7]	Seasonal Fruit & Greek Yoghurt [7]	Seasonal Fruit Salad	Strawberry Cheesecake [2, 7]

V Option: Replace Meat or Fish for a Protein Substitute

Tiggers Nurseries Ltd- Due to new regulations, all meals included in our menus have been carefully identified accordingly to the 14 allergens [which legally need to be highlighted throughout our meals and menu plans]. Please see Allergens List as these numbers all correlate to the 14 allergens

Key			
Meat Free Days	Meat Days	Fish Days	Puddings
			