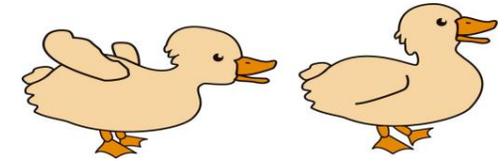
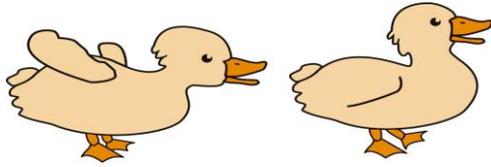


Fledglings Nest Menu.

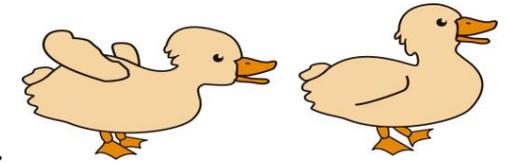


	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals and toast topped with butter or jam. Juice, Milk or Water				
Lunch	Pasta Shells with fresh tomato and vegetable sauce, grated cheese and garlic bread Fruit salad	Lamb Casserole, mashed potatoes, cauliflower and sweetcorn Apple cake and custard	Breaded chicken breast, with baby roast potatoes, carrots and broccoli Fromage Frais	Chilli con carne with rice and peas Ice ream with fruits of the forest	Jacket Potato with beans and cheese Fresh fruit salad
Tea	Assorted sandwiches, crudités and mini cheddars Banana Muffin	Spaghetti Hoops with bread and butter Fromage Frais	Cheese on toast with crudite Fresh Fruit	Assorted sandwiches, mixed salad and raisins Chocolate Cookie	Wraps stuffed with cheese salad, tuna salad and crudite Assorted cakes

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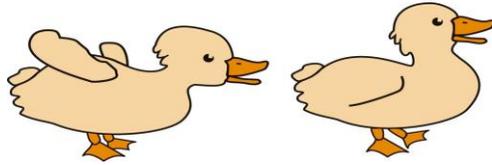


Fledglings Nest Menu.

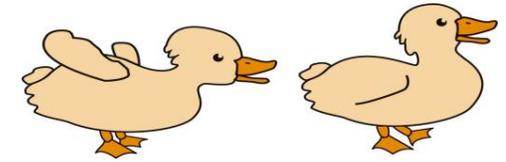


	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals and toast topped with butter or jam. Juice, Milk or water				
Lunch	Baked sausages, duchess potatoes, gravy, sweet corn and green beans Sponge and custard	Cottage pie with cauliflower and carrots Fromage Frais	Italian meatballs with pasta, grated cheese and garlic bread Fruit salad	Roast chicken, roast potatoes, broccoli, sweet corn and gravy. Fromage Frais	Homemade cheese and tomato pizza with vegetables Fresh fruit salad
Tea	Spaghetti hoops with bread and butter Fresh Fruit	Assorted sandwiches served with cucumber, tomatoes, carrot sticks and mini cheddars Carrot Cake	Fish cakes with mixed salad Iced Bun	Assorted sandwiches, mixed crudités and raisins Orange Jelly	Homemade vegetable soup with bread and butter Assorted Cakes

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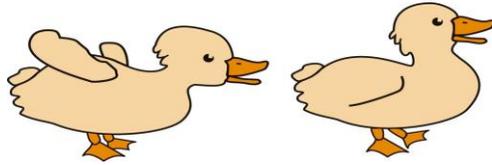


Fledglings Nest Menu.

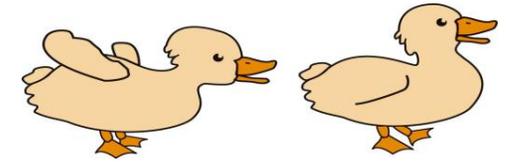


	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals and toast topped with butter or jam. Juice, Milk or Water				
Lunch	Roast Chicken Roast potatoes, broccoli, sweet corn and Gravy Fromage Frais	Pastitsio (Greek lasagne) Banana Cake	Sweet and sour turkey with rice, carrots, peas and prawn crackers Lemon cake	Mini Toad in the hole with green beans cauliflower and mash Chocolate mousse	Fish pie with peas and broccoli Mandarins and grapes
Tea	Assorted sandwiches, vegetable crudités and mini cheddars Polka Dot Sponge	Homemade Cheese Rolls Crudities and raisins Fresh fruit salad	Baked Beans with bread and butter Fromage Frais	Toasted crumpets Baby Bel cheese and mixed salad, fruit bread Fresh Fruit	Assorted sandwiches, vegetable crudités Fairy cakes

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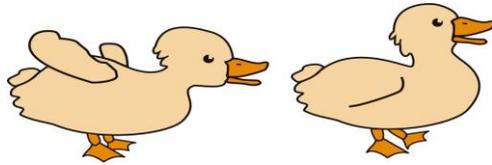


Fledglings Nest Menu.

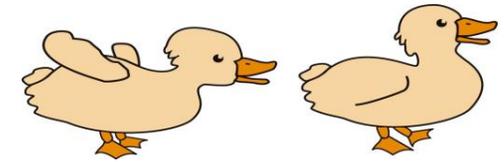


	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals and toast topped with butter or jam. Juice, Water or Milk				
Lunch	<p>Pork and Apple casserole with rice, courgettes and cauliflower</p> <p>Fresh Fruit Salad</p>	<p>Roast chicken, roast potatoes, broccoli, carrots and gravy</p> <p>Fromage Frais</p>	<p>Fillet of fish, sautéed potatoes with peas and sweet corn.</p> <p>DUCKS – fish fingers</p> <p>Banana custard</p>	<p>Beef Hotpot with cauliflower and green beans</p> <p>Orange Jelly</p>	<p>Pasta Shells with fresh tomato and basil sauce, grated cheese and garlic bread</p> <p>Carrot Cake</p>
Tea	<p>Assorted sandwiches, vegetable crudités and mini cheddars</p> <p>Blueberry Muffins</p>	<p>Buttered crackers with cheese, ham, tomatoes, cucumber, carrot sticks and raisins.</p> <p>DUCKS</p> <p>Homemade carrot and lentil soup</p> <p>Fruit salad</p>	<p>Spaghetti hoops with bread and butter</p> <p>Apricot Flapjack</p>	<p>Assorted sandwiches with raisins and crudités</p> <p>Fromage Frais</p>	<p>Chicken Goujons, mixed salad, mini cheddars and fruit bread</p> <p>Fruit Salad</p>

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Fledglings Nest Menu.



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals and toast topped with butter or jam. Juice, Milk or Water				
Lunch	Fish Fingers, duchess potatoes with peas and cauliflower Rice Pudding	Oriental pork with savoury rice with sweetcorn Shortbread	Roast chicken, roast potatoes, broccoli, carrots and gravy. Fromage Frais	Pasta shells with homemade tomato and vegetable sauce, grated cheese and garlic bread Feathered Sponge and custard	Beef and Potato pie, cauliflower and green beans Orange Jelly
Tea	Warm French stick with cheese and tomato topping and mixed crudite Fresh fruit salad	Baked Beans with bread and butter Fromage Frais	Assorted sandwiches, mixed crudités and mini cheddars Marshmallow rice crispy cake	Sausage rolls with cold rice, sweet corn and pea salad DUCKS – Frittata Fruit Salad	Assorted sandwiches, raisins and crudités Chocolate Muffin

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