

# KEREN'S NURSERY

## Summer 2021

Every day a wonderful Israeli style breakfast is provided comprising of cucumber, tomato, carrot, avocado, pepper, olives, sliced cheese, cream cheese, hummus and pesto toast with milk or water to drink

Lunch(12.15-12.45/ Tea (3.45 -4pm)	Week 1	Week 2	Week 3
<b>Monday</b> Smoked salmon and cream cheese or pesto sandwich, with yoghurt and fruit	Tuna Pasta Bake with Israeli salad	Salmon with vegetable rice and green beans	Salmon with boiled new potatoes and peas
<b>Tuesday</b> Tuna mayonnaise or pesto sandwich with yoghurt and fruit	Vegetable moussaka with Israeli salad	Roasted potatoes with cheese, vegetable sauce, rainbow coleslaw salad	Vegetable pie with rainbow coleslaw salad
<b>Wednesday</b> Cream cheese or pesto sandwiches with vegetables, yoghurt and fruit	Vegetable pizza with Israeli salad	Chinese noodles with vegan "chicken" pieces sauce, broccoli	Penne pasta with chicken style pieces sauce with Israeli salad
<b>Thursday</b> Pitta bread with hummus and pickles with yoghurt and fruit	Mejadra: green lentils, rice, sweet potatoes and sweetcorn	Fish fingers, rice and steamed vegetables	Vegetables and red lentils curry with rice
<b>Friday</b>	Salmon fish cakes with broccoli	Quinoa burgers with baked beans and peas	Falafel with Israeli couscous and green beans

