

# Keren's Nursery Summer Menu



## Early breakfast - 8 a.m.

Monday	Tuesday	Wednesday	Thursday	Friday
Fresh milk and selection of cereal	Selection of fresh fruits and yogurt	Fresh milk and selection of cereal	Porridge and a selection of fresh fruits	Half and half toast with a selection of vegetable and homemade dips

## Mid-morning/Israeli breakfast - 10 a.m.

Selection of vegetables with cheese, toast and various dips and spreads – cream cheese, butter, homemade hummus and pesto. Served with fresh water and cold milk.
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## Lunch - 12:00/12:30 p.m.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	Pasta with homemade pesto and sweetcorn	Cod fish cakes served with green peas	Homemade vegetable pizza	Fish fingers with roasted new potatoes and peas	Sweet potato and chickpea curry with rice and spinach
<b>Week 2</b>	Salmon, green beans, and roasted new potatoes	Vegetable frittata with a side of tomato salad	Lentils and vegetables Shepherd's Pie	Tuna pasta bake with cherry tomatoes	Chickpea tagine with Mediterranean couscous
<b>Week 3</b>	Homemade falafel with Israeli couscous and green beans	Pastry pockets with vegetables, cheese, and side of green beans	Fish pie with a side of steamed vegetables	Baked potatoes with tuna and sweetcorn	Mac and cheese with vegetables

## Tea - 3:30 p.m.

Monday	Tuesday	Wednesday	Thursday
Breadsticks and dips (choice of hummus, pesto, cream cheese)	Cream cheese and salmon sandwiches	Mayo and tuna sandwiches with sweetcorn	Cheese and chives muffins

## Dinner - 5:30 p.m.

Monday	Tuesday	Wednesday	Thursday
Roasted vegetables with couscous and chickpeas	Noodles with vegetable stir fry	Pasta with vegetable sauce and cheese	Vegetable egg fried rice