



Orchard Nursery School
Church Road, Ketteringham, Wymondham, Norfolk, NR18 9RS
office@orchardnurseryschool.com www.orchardnurseryschool.com
01603 813240

Please Note: All of our Cakes, Biscuits & Desserts are homemade by our cook, however a fruit or yogurt option is available daily upon request instead of the dessert on our menu.

MENU

Monday

SNACK
Fruit

LUNCH

Gammon Ham, Mashed potato,
Sweetcorn, Peas and Gravy
(Wheat, Soya)

Homemade Blueberry Muffin
(Wheat, Egg, Milk)

SNACK
Rice Cakes

TEA

Cheese, Crackers, Cucumber
sticks, and Grapes
(Wheat, Milk)

Fruit Slices

Tuesday

SNACK
Fruit

LUNCH

Beef and Vegetable Bolognese
served with Wholemeal Pasta
(Wheat)

Homemade Cake
(Wheat, Egg)

SNACK
Cucumber with Cheese Spread
Dip
(Milk)

TEA

Wholemeal Rolls with Chicken or
Cheese Spread, served with Salad
(Wheat, Soya, Milk)

Yoghurt
(Milk)

Wednesday

SNACK
Fruit

LUNCH

Roast Chicken with Roast
Potatoes, Yorkshire Pudding,
Carrots and Broccoli
(Wheat, Soya)

Greek yoghurt and fruit puree
(Milk)

SNACK
Rich Tea Biscuit
(Wheat, Barley)

TEA

Ploughman's with Wholemeal
Bread
(Wheat, Soya, Milk)

Shortbread Biscuit
(Wheat)

Thursday

SNACK
Fruit

LUNCH

Sausage Pie, Potatoes, and Green
Beans
(Wheat, Soya, Egg)

Homemade Lemon Cupcake
(Wheat, Egg, Milk)

SNACK
Buttered Fruit Loaf (under 12
months will have an alternative)
(Wheat, Soya, Milk)

TEA

Ham and Cheese Croissants
served with salad sticks
(Milk, Wheat, Egg)

Fruit

Friday

SNACK
Fruit

LUNCH

Jacket Potato,
Cheese and Baked Beans
(Milk)

Fruit Jelly

SNACK
Crackers and Cheese Spread
(Wheat, Milk)

TEA

Crumpets served with various
toppings
(Wheat)

Fruit Salad





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Monday

SNACK
Fruit

LUNCH
Fishfingers served with Mashed Potato and Peas
(Wheat, Fish)

Homemade Oat Cookie
(Wheat, Egg)

SNACK
Rich Tea Biscuit
(Wheat, Barley)

TEA
Wholemeal thins filled with Ham/Cheese served with Tomatoes
(Wheat, Soya, Barley, Milk)
Fruit Jelly

Tuesday

SNACK
Fruit

LUNCH
Chicken and Vegetable Casserole served with Boiled Potatoes and Green Beans
(Wheat, Soya)

Homemade Shortbread Biscuit
(Wheat, Milk)

SNACK
Melba Toast Crackers
(Wheat, Barley, Soya)

TEA
Savoury Wholemeal Muffin (various toppings) served with salad sticks
(Wheat, Soya, Milk)

Wednesday

SNACK
Fruit

LUNCH
Sausage, Mashed Potato, Vegetables and Gravy
(Wheat, Barley, Soya)
Flapjack

SNACK
Cucumber Sticks with Cheese Spread Dip
(Milk)

TEA
Chicken/Cheese Sandwiches served with salad
(Wheat, Soya, Milk)
Yoghurt
(Milk)

Thursday

SNACK
Fruit

LUNCH
Jacket Potato with Baked Beans and Cheddar Cheese
(Milk)

Homemade Raspberry Yoghurt Bark
(Milk)

SNACK
Buttered Fruit Loaf (under 12 months will have an alternative)
(Wheat, Soya, Milk)

TEA
Crumpets served with Various toppings
(Wheat)

Bananas and Custard
(Milk)

Friday

SNACK
Fruit

LUNCH
Savoury Minced Beef served with New Potatoes and Seasonal Vegetables
(Wheat, Barley, Soya)

Fruit

SNACK
Rice Cakes

TEA
Cheese and Crackers, Cucumber sticks and Grapes
(Wheat, Milk)
Homemade Flapjack
(Wheat, Milk)





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SNACK
Fruit

LUNCH
Chicken Goujons, Crispy Potatoes, Sweetcorn and Spaghetti Hoops
(Wheat)

Fresh Fruit Slices

SNACK
Crackers and Cheese Spread
(Wheat, Milk)

TEA
Selection of Wholemeal Sandwiches served with Cucumber
(Wheat, Milk, Soya)
Cookie
(Wheat, Egg)

Tuesday

SNACK
Fruit

LUNCH
Sausage, New Potatoes, Peas and Baked Beans
(Wheat)

Bananas and Custard
(Milk)

SNACK
Buttered Fruit Loaf (under 12 months will have an alternative)
(Wheat, Soya, Milk)

TEA
Crumpets with various toppings served with Fruit and Vegetable sticks
(Wheat)
Fruit Jelly

Wednesday

SNACK
Fruit

LUNCH
Ratatouille served with Wholemeal Pasta
(Wheat).

Homemade Cake
(Wheat, Milk)

SNACK
Rice Cakes

TEA
Ploughman's served with Wholemeal Bread
(Wheat, Milk, Soya)
Strawberry Yoghurt Bark
(Milk)

Thursday

SNACK
Fruit

LUNCH
Beef and Vegetable Chilli served on a Jacket Potato

Yoghurt
(Milk)

SNACK
Rich Tea Biscuit
(Wheat)

TEA
Wholemeal thins filled with Ham/Cheese with Tomatoes
(Wheat, Soya, Barley, Milk)
Homemade Lemon Shortbread
(Wheat, Milk)

Friday

SNACK
Fruit

LUNCH
Gammon Ham, Mashed Potato, Peas, Sweetcorn and Gravy
(Wheat, Soya, Barley)

Homemade Fruit Muffin
(Wheat, Egg, Milk)

SNACK
Melba Toast
(Wheat, Barley, Soya)

TEA
Selection of filled Wholemeal rolls served with Fresh tomatoes
(Wheat, Barley, Soya, Milk)

Yoghurt
(Milk)

