

Sample Menu

NBH Nursery & Pre-Prep Schools



North Bridge House
Nursery & Pre-Prep Schools

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DISH OF THE DAY	Mild chickpea & vegetable curry	Turkey meatballs	Roast chicken	Beef bolognese	Cod fish fingers
VEGETARIAN OPTION	Red pepper & spinach frittata	Quorn & bean meatballs	Stuffed peppers with chickpeas	Roasted vegetable & bean ragu	Vegetable bake
LIGHT BITES	Baked jacket potato with tuna or cheese	Pasta penne with tomato and red lentil sauce	Baked sweet potato with chilli con carne	Cherry tomato & salmon	Cheese & tomato quesadilla
SIDES OF THE DAY	Steamed rice, broccoli, carrot	Moroccan cous-cous, sweetcorn, sautéed courgettes	Roasted potatoes, savoy cabbage, roasted parsnips	Spaghetti, green beans, mixed salad leaves	Chips, garden peas, Baked beans
DESSERT	Banana split	Frozen strawberry yoghurt bites	Apple crumble & custard	Sliced watermelon & pear	Low sugar beetroot brownie

Salad bar and freshly baked bread available every day, as well as chunks of fruit and natural yoghurt.

