

Helen's Nursery

Teas

MENU A

MENU B

MENU C

MONDAY

home-made margherita pizza
dolphin-friendly tuna mayo sandwiches
fromage frais
fresh fruit selection

quesadillas
free-range egg mayo sandwiches
cheddar cheese sticks
fresh fruit selection

vegetarian sausage rolls
cheddar cheese sandwiches
fromage frais
fresh fruit selection

TUESDAY

baked beans
dairy-free buttered bread
cheddar cheese sticks
fresh fruit selection

vegetarian sausage rolls
cheddar cheese sandwiches
fromage frais
fresh fruit selection

tomato & courgette pasta
ham sandwiches
cheddar cheese sticks
fresh fruit selection

WEDNESDAY

quesadillas
free-range egg mayo sandwiches
fromage frais
fresh fruit selection

tomato & courgette pasta bake
ham sandwiches
cheddar cheese sticks
fresh fruit selection

tropical pizza
homous & cucumber sandwiches
fromage frais
fresh fruit selection

THURSDAY

ham sandwiches
cream cheese & cucumber sandwiches
cheddar cheese sticks
fresh fruit selection

baked beans
diary-free buttered bread
fromage frais
fresh fruit selection

quesadillas
tuna mayo sandwiches
cheddar cheese sticks
fresh fruit selection

FRIDAY

vegetarian sausage rolls
cheddar cheese sandwiches
fromage frais
fresh fruit selection

pizza primavera
tuna mayo sandwiches
cheddar cheese sticks
fresh fruit selection

spaghetti hoops
dairy-free buttered bread
fromage frais
fresh fruit selection