Goodway Nursery School

Vegetarian Lunch Menu

Allergy Key: <mark>Wheat/Gluten</mark> Egg Soya Dairy Mustard Fish Celery Lupin Sesame Peanuts/ other nuts Molluscs & Crustaceans

Sulphur Dioxide/ Sulphites> 10ppm

	Main Meal	Dessert	Ingredients
Monday	• **Cheese** spread sandwich • Salad- cucumber and carrot batons or tomatoes and sweetcorn	• Yoghurt • Selection of fresh fruits • Brownies, flapjacks or shortbread	**Main – cheese spread, bread** **Fruit**- orange, apple, banana, pear **Dessert –** Brownies- wheat, milk and egg, shortbread- wheat and milk or flapjacks- wheat
Tuesday	• **Beans on <mark>toast</mark>** • Salad- cucumber and carrot batons or tomatoes and sweetcorn	• Yoghurt • Selection of fresh fruits • Brownies, flapjacks or shortbread	**Main –** bread, beans, spread **Fruit**- orange, apple, banana, pear **Dessert –** Brownies- wheat, milk and egg, shortbread- wheat and milk or flapjacks- wheat
Wednesday	• **Grated Cheese <mark>sandwich</mark>** • Salad- cucumber and carrot batons or tomatoes and sweetcorn	• Yoghurt • Selection of fresh fruits • Brownies, flapjacks or shortbread	**Main-** <mark>bread</mark>, grated cheese, spread **Fruit**- orange, apple, banana, pear

			Dessert – Brownies- wheat, milk and egg, shortbread- wheat and milk or flapjacks- wheat
Thursday	• **Jacket potato with cheese and beans** • Salad- cucumber and carrot batons or tomatoes and sweetcorn	• Yoghurt • Selection of fresh fruits • Brownies, flapjacks or shortbread	**Main –** potato, spread, cheese, beans **Fruit**- orange, apple, banana, pear **Dessert –** Brownies- wheat, milk and egg, shortbread- wheat and milk or flapjacks- wheat
Friday	• Bagel with soft cheese • Salad- cucumber and carrot batons or tomatoes and sweetcorn	• Yoghurt • Selection of fresh fruits • Brownies, flapjacks or shortbread	**Main –** bagel, spread, cheese, **Dessert**- Brownies- wheat, milk and egg, shortbread- wheat and milk or flapjacks- wheat *Spread used is vegan