



Green Oaks Day Nursery
 Jubilee Cottage
 Enfield Road
 EN2 7HU

T: 07920 099 133

E: kristina@greenoaksdaynursery.com

W: www.greenoaksdaynursery.com

Ofsted reference: 2721113

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Vegetable Pie + Mash Potato + Green Beans	Tofu Nuggets + Sweet Potato and Rosemary Wedges + Broccoli	Veggie Burgers in Brioche Buns + Corn on the Cob	Broccoli & Garlic Pasta	Fish Cakes + Potato Wedges + Peas
Tea	Pita Pockets	Falafel Wraps with Salad	Roasted Vegetable Couscous	Jacket Potatoes + Tuna/Baked Beans	Chicken/Vegetable Quiches



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Hungarian Goulash + Mash Potato + Broccoli	Macaroni Cheese + Avocado Slices	Butternut Squash Curry + Rice + Poppadoms + Okra	Roast Vegetable + Crispy Baked Tofu Noodle Stir Fry	Salmon & Vegetable Fried Rice + Green Beans with Garlic
Tea	Pita Pizzas - choose your own toppings	Vegan Sausage Rolls + Cucumber Salad	Afternoon Tea - Sandwiches + Broccoli Scones	Lentil + Carrot + Coriander Soup + Olive Bread	Pancakes + Banana



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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Vegetable Lasagne + Asparagus	Brunch - Sourdough Toast + Scrambled Eggs/Tofu + Roasted Tomatoes + Garlic Mushrooms + Halloumi	Veggie Sausage Casserole + Ciabatta + Steamed Courgettes	Vegetable Paella + Grilled Aubergine	Tuna Pasta bake + Broccoli
Tea	Tomato & Bean Soup + Focaccia	Pita Pockets with Cheese/Tuna	Carrot & Courgette Loaf + Greek Yogurt	Cheese + Vegetable Flatbreads	Pea + Sweetcorn Egg Muffins



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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Vegetable Cottage Pie + Corn on the Cob	Sticky Hoisin Vegetable Noodles	Homemade Tomato & Bean Soup + Crusty Bread	Spaghetti & Meatballs + Garlic Bread	Fish goujons + chips + Peas
Tea	Farfalle with Coriander, Red Pepper & Cherry Tomato Pasta	Vegetarian Meatball & Tomato Puff Pastry Pie	Mini Omelettes - choose your own filling	Welsh Rarebit + Crudites	Banana Muffins + Greek Yogurt + Fruit Salad