



**PHILEAS FOX**

MULTILINGUAL NURSERY SCHOOL

## Lunch Menu

	<b>Week One</b>	<b>Week Two</b>	<b>Week Three</b>
<b>MONDAY</b>	<i>Turkey and cranberry bolognaise with Penne Pasta</i>	<i>Shepherd's pie served with mixed vegetables and mash potato</i>	<i>Lightly spiced beef chilli, served with mixed rice and natural yoghurt</i>
<b>TUESDAY</b>	<i>Chicken, sweet potato and coconut stew served with herb croutons</i>	<i>Tuna and herby mixed vegetable ratatouille served with rice</i>	<i>Macaroni cheese served with peas and carrots</i>
<b>WEDNESDAY</b>	<i>Hake pieces, in a light and fragrant coconut korma sauce, served with mixed rice</i>	<i>Rosemary braised lamb and vegetable casserole, in a rich gravy served with boiled potatoes</i>	<i>Chicken, noodles and fresh broccoli and carrots bound in a teriyaki sauce</i>
<b>THURSDAY</b>	<i>Potato and vegetable winter soup served with margheritine pasta and crusty petit pain</i>	<i>Chicken breast carbonara in a creamy onion and garlic sauce, served with penne pasta and a side of peas</i>	<i>Slow braised beef bourguignon served with diced potatoes</i>
<b>FRIDAY</b>	<i>Spaghetti and beef meatballs in a tomato and basil sauce served with grated cheese</i>	<i>Spinach, sweet potato and chickpea curry served with coriander naan bread</i>	<i>Fisherman's Pie served with peas, carrots and mashed potato</i>

Daily dessert is fresh fruits.





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### Vegetarian Lunch Menu

	<b>Week One</b>	<b>Week Two</b>	<b>Week Three</b>
<b>MONDAY</b>	<i>Lentil and cranberry bolognaise with Penne Pasta</i>	<i>Lentil and bean Shepherds Pie served with mixed vegetables and mash potato</i>	<i>Lightly spiced lentil and bean chilli, served with mixed rice and coconut yoghurt</i>
<b>TUESDAY</b>	<i>Chickpea and sweet potato, coconut stew served with herb croutons</i>	<i>Herby Broccoli and mixed vegetable ratatouille served with rice</i>	<i>Macaroni cheese served with peas and carrots</i>
<b>WEDNESDAY</b>	<i>Cauliflower pieces, in a light and fragrant, coconut korma sauce served with mixed rice</i>	<i>Rosemary tofu and mixed vegetable casserole, in a rich gravy served with boiled potatoes</i>	<i>Tofu Teriyaki, noodles and fresh broccoli and carrots bound in a teriyaki sauce</i>
<b>THURSDAY</b>	<i>Potato and vegetable winter soup served with Margheritine and Crusty petit pain</i>	<i>Cauliflower, mushrooms in a garlic and tomato sauce, served with penne pasta and a side of garden peas</i>	<i>Bean and mushroom bourguignon, served with diced potatoes and shallot gravy</i>
<b>FRIDAY</b>	<i>Spaghetti and vegan meatballs in a tomato and basil sauce served with grated vegan cheese</i>	<i>Spinach, sweet potato, and chickpea curry served with coriander naan bread</i>	<i>Tofu, peas and carrots in a vegan cream and parsley sauce served with mashed potato</i>

Daily dessert is fresh fruit.

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