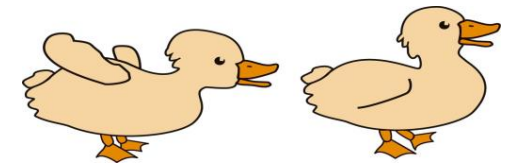
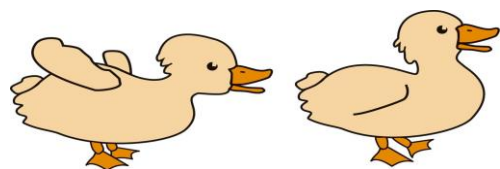


Fledglings Nest Menu.

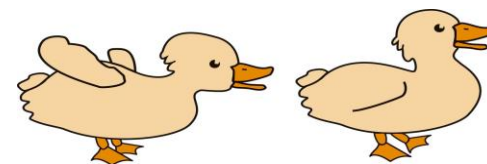


17 th July 2023	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals and toast topped with butter. Juice, Milk or Water				
Lunch	Roast chicken with roast potatoes and vegetables	Chilli con carne with rice	Sausages, mash and vegetables	Battered fish with new potatoes and vegetables	Quiche and vegetables
Tea	Bagels and salad Fruit	Ham and Egg Rolls with salad Mixed fruit salad	Chicken and salad wraps Melon	Pizza and salad Yoghurt	Sandwiches and salad Biscuit

Please note: if any parents require information regarding the allergens in Fledglings, please ask to speak to our cook, who will help you as best she can.

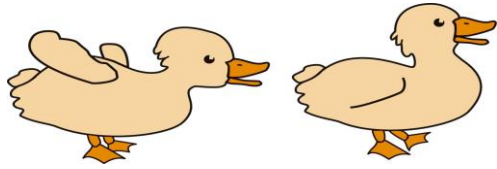


Fledglings Nest Menu.

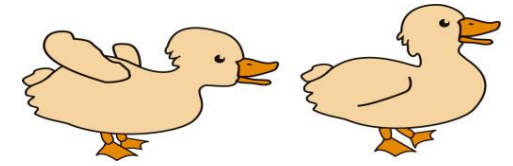


10 th July 2023	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals and toast topped with butter. Juice, Milk or Water				
Lunch	Chicken curry	Battered fish with new potatoes and vegetables	Tomato and vegetable pasta	Toad in the hole with mash and gravy	Quiche with vegetables
Tea	Pizza with carrots and cucumber Rice Crispy Cake	Rolls and sweetcorn, tomatoes and lettuce Fruit salad	Cheesy crumpets with peppers, raisins and cucumber Melon	Chicken and vegetable nuggets with salad Yoghurt	Pot luck tea Biscuit

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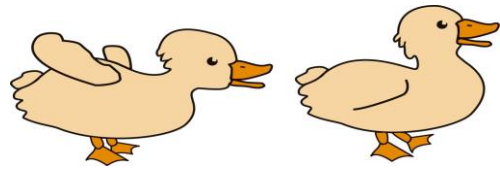


Fledglings Nest Menu.

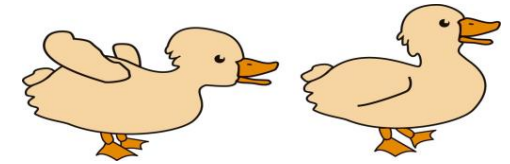


3 rd July 2023	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals and toast topped with butter or jam. Juice, Milk or Water				
Lunch	Battered fish with new potatoes, carrots and sweetcorn	Spaghetti bolognese	Vegetable curry and rice	Sausages, mash and vegetables	Roast chicken with roast potatoes and vegetables
Tea	Bagels and cream cheese with salad Bananas	Rolls filled with tuna and chicken with salad Frozen yoghurt	Pizza and salad Fairy cakes	Chicken salad wraps with salad Melon	Pitta bread with dips, cucumber and carrot sticks Fruit salad

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Fledglings Nest Menu.



24 th July 2023	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals and toast topped with butter or jam. Juice, Milk or Water				
Lunch	Beef casserole with mash and vegetables	Chicken curry with rice	Vegetable lasagne	Roast gammon with roast potatoes and vegetables	Jacket potatoes with cheese and baked beans
Tea	Cheese scones with salad Fruit salad	Chicken and Egg Rolls with salad Mixed fruit salad	Homemade pizza and corn on the cob Banana cake	Fish fingers with bread and butter and salad Sones with jam	Sausage roll with salad Melon

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