



The Professional  
Nursery Kitchen

# Summer Menu 2022

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# Summer Menu - Full Range - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat main	Paneer & Pea Curry	Tikka Turkey	Roast Chicken	Cheese Bolognese Pasta	Salmon & Pineapple Thai Curry
Vegetarian main	Cauliflower & Chickpea Balti	Mild Lentil Tikka	Vegetable Roast	Quorn Bolognese	Cauliflower and Coconut Curry
Tea	Cheese & Broccoli Pasta Bake	Lamb and Chickpea Stew	Creamy Tomato & Mascarpone Pasta	Mini Jackets with Sweet Chilli Chicken	Cheesy Peasy Pasta
Veggie light main/ tea	Bean Cassoulet	Potato Bake	Gluten Free Pasta Fagioli	Butternut Squash & Butterbean Stew	Homemade Baked Beans with Jacket Potatoes
Veggie light main/ tea	Vegetable Chilli	GF Pasta with Red Pepper and Butternut Squash Sauce	Red Pepper & Lentil Bake with Potato Topping	Spanish Paprika Potatoes Stew	Lentil Dhal with Vegetables
Breakfasts, snacks, side dishes & desserts	Peach Oaty Crunch	Lemon Cake	Apple Oaty Crunch	Ginger Cake	Vanilla Cake
	Apricot Yoghurt	Mango Yoghurt	Strawberry Yoghurt	Blackcurrant Yoghurt	Peach Yoghurt
	Orange Segments	Corn cakes	Naan Bread	Watermelon Slices	Cheese Sticks
	Wholemeal Pitta	Pineapple Slices	Melon Slices	Rice Cakes	Banana
	Apple	Pears	Watermelon Slices	Carrot Sticks	Cucumber Sticks
	Poached Peaches	Wholemeal Bread	Braised Apples with Raisins	Orange Segments	Melon Slices
	Houmous	Houmous with Roasted Peppers	Cheese and Chive Dip	Houmous with Olive Oil	Lemon and Coriander Houmous
	Sweetcorn	Carrots	Peas / Roast Potatoes	Broccoli	Peas / Couscous



# Summer Menu - Full Range - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat main	Roast Chicken	Smokey BBQ Beef	Chicken Korma Curry	Spanish Cod	Veggie Pineapple Thai Curry
Vegetarian main	Vegetable Roast	Vegetable Couscous	Paneer and Pea Curry	Cauliflower & Chickpea Balti	Quorn Bolognese
Tea	Lemon Chicken with Orzo	Tuna Pasta Bake	Beef Chilli	Cheese & Broccoli Pasta Bake	(Cheesy) Tomato Pasta
Veggie light main/ tea	Red Pepper and Lentil Bake with Potato Topping	Vegetable Hot Pot	Vegetable Chilli	GF Pasta with Red Pepper and Butternut Squash Sauce	Butternut Squash and Butterbean Stew
Veggie light main/ yea	Ratatouille with GF Pasta	Lentil Dhal with Vegetables	Bean Cassoulet	Homemade Baked Beans with Jacket Potatoes	Broccoli and Sweet Potato Bake
Breakfasts, snacks, side dishes & desserts	Banana Cake	Pear Oaty Crunch	Vanilla Cake	Apple Oaty Crunch	Cinnamon Cake
	Mango Yoghurt	Strawberry Yoghurt	Blackcurrant Yoghurt	Peach Yoghurt	Apricot Yoghurt
	Corn Cakes	Naan Bread	Cheese Sticks	Wholemeal Pitta Bread	Rice Cakes
	Pear	Apple	Cucumber Sticks	Melon slices	Orange Segments
	Wholemeal Bread	Orange Segments	Wholemeal Bread	Banana	Carrot Sticks
	Pineapple Slices	Poached Pears	Orange Segments	Watermelon Slices	Pineapple Slices
	Houmous with Olive oil	Lemon & Coriander Houmous	Houmous	Houmous with Roasted Peppers	Cheese and Chive Dip
	Carrots / Roast Potatoes	Sweetcorn	Rice	Peas	Broccoli

# Summer Menu - Full Range - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat main	Classic Fish Pie	Lamb Hotpot	Roast Chicken	Cauliflower and Coconut Curry	Chicken and Pepper Fajitas
Vegetarian main	Red Pepper and Lentil Bake with Potato Topping	Vegetable Hot Pot	Vegetable Roast	Cheese and Tomato Pizza	Sweet Potato and Pepper Fajitas
Tea	Cheesy Peasy Pasta	Mini Jackets with Sweet Chilli Chicken	Herby Tomato Turkey with Potatoes	Cheese and Broccoli Pasta Bake	Paprika Macaroni Beef Pasta
Veggie light main/ tea	Lentil Dhal with Vegetables	Spanish Paprika Potatoes Stew	Butternut Squash and Butterbean Stew	Potato Bake	Homemade Baked Beans with Jacket Potatoes
Veggie light main/ tea	Gluten Free Pasta Fagioli	Mexican Bean Chilli	Broccoli and Sweet Potato Curry	Bean Cassoulet	GF Pasta with Red Pepper and Butternut Squash Sauce
Breakfasts, snacks, side dishes & desserts	Vanilla Cake	Ginger Cake	Lemon Cake	Peach Oaty Crunch	Apple Oaty Crunch
	Blackcurrant Yogurt	Apricot Yoghurt	Mango Yoghurt	Peach Yoghurt	Strawberry Yoghurt
	Naan Bread	Cheese Sticks	Grissini Sticks	Wholemeal Bread	Corn Cakes
	Orange Segments	Wholemeal Pitta Bread	Orange Segments	Watermelon Slices	Melon Slices
	Pear	Pineapple Slices	Melon Slices	Apple	Cucumber Sticks
	Braised Apples	Banana	Poached Peaches	Pineapple Slices	Banana
	Houmous with Roasted Peppers	Cheese and Chive Dip	Houmous with Olive Oil	Lemon and Coriander Houmous	Houmous
	Carrots	Sweetcorn	Broccoli / Roast Potatoes	Carrot Sticks/ Rice	Peas



Item	Type	Size
Apple box	Fresh whole fruit box	10 pieces
Pear box	Fresh whole fruit box	10 pieces
Banana box	Fresh whole fruit box	10 pieces
Kellogg's Cornflakes	Cereal – catering size	2 kg
Weetabix	Cereal – catering size	48 x 2 biscuits
Kellogg's Rice Krispies	Cereal – catering size	1.6 kg
Rice cakes	Snack	130g
Corn cakes	Snack	130g
Wholemeal bread loaf	Bakery	600g
Wholemeal pitta bread	Bakery	400g
Tortillas	Bakery	560g
Naan bread	Bakery	250g
Oat milk	Dairy alternative	1lt
Soya milk	Dairy alternative	1lt
Soya custard	Dairy alternative	525g
Custard	Dessert	1kg
Unsalted butter	Dairy	250g
Sunflower spread	Dairy alternative	1kg
Rice	Side dish	300g
Couscous	Side dish	300g

