

NURSERY MENU

WEEK 1

eat smart, think smart, be smart



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 07:00- 08:30	Cereals & Toast	Cereals & Toast	Cereals & Toast	Cereals & Toast	Cereals & Toast
Drink	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
Snack 9:30	Fresh & Dried Fruit	Fresh Fruit	Fresh & Dried Fruit	Fresh Fruit	Fresh & Dried Fruit
Drink	Water	Water	Water	Water	Water
Lunch 11:15 0-2's 11:30 2-5's	Homemade Beef Spaghetti Bolognese in a Smooth Ratatouille Sauce with Carrots Broccoli & Garlic Bread	Homemade Fish Pie with Carrots & Broccoli	Sausage & Root Mash with Gravy, Peas & Sweetcorn	Roast Chicken, Swede & Carrot Mash, Roast Potatoes & Peas	Lamb Kofta Kebabs with Roast Peppers & Red Onions, Rice, Sweetcorn and Tzatziki
Dessert	Banana Cake & Custard	Flapjacks	Homemade Rice Pudding	American Pancakes with Syrup and Bananas	Jelly & Ice Cream
Drink	Water	Water	Water	Water	Water
Snack 14:00	Biscuit	Smoothie	Bread,Cucumber & Carrot Sticks	Ham & Melon	Cheese & Pineapple
Drink	Water	Water	Water	Water	Water
Tea 15:45	Chicken Savoury Rice	Jacket Potatoes & Salad	Chef's choice Toasties	Broccoli, Courgette, Red Pepper, Tomato Pasta Bake	Picnic Tea
Dessert	Yoghurt	Fresh Fruit	Yoghurt	Fresh Fruit	Yoghurt
Drink	Water	Water	Water	Water	Water

*Subject to change. Subject to availability. Subject to weaning (alternatives will be presented). Alternatives for allergies, intolerances, religion and preferences.

STRICTLY A NO NUT SETTING