

NURSERY MENU

WEEK 3

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 Cottage Pie, Carrots, Broccoli & Seasoned Wedges	Breaded Fish Fingers, Chips, Peas & Beans	Toad in the Hole, Hedgehog Potatoes, Cauliflower Cheese, Broccoli	Slow Cooked, Chinese BBQ Pulled Pork, with Vegetable Chow Mein & Broccoli	Quorn Lasagne, Bisto Salad & Garlic Bread
Dessert	Frozen Raspberry Ripple Mousse Pots	Coconut Sponge	Choc Dipped Strawberries	Fruit Pie & Cold Vanilla Custard	Ice Cream Cornet
Drink	Water	Water	Water	Water	Water
Snack 14:00	Cheese & Pineapple	Rich Tea Biscuit	Bread, Cucumber & Carrot Sticks	Fruit Scone	Smoothie
Drink	Water	Water	Water	Water	Water
Tea 15:45	Breast of Chicken Nuggets, Salad & Spaghetti Hoops	Filled Potato Skins with Corn on the Cob	Cheese & Crackers	Scrambled Egg on Toast with Baked Bean	Chef's Soup of the Day with Bread & Butter
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