

# NURSERY MENU

## WEEK 4

eat smart, think smart, be smart



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 07:00- 08:30	Cereals & Toast	Cereals & Toast	Cereals & Toast	Cereals & Toast	Cereals & Toast
<b>Drink</b>	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
<b>Snack</b> 9:30	Fresh & Dried Fruit	Fresh Fruit	Fresh & Dried Fruit	Fresh Fruit	Fresh & Dried Fruit
<b>Drink</b>	Water	Water	Water	Water	Water
<b>Lunch</b> 11:15 0-2's 11:30 2-5's	Beef Goulash, Cauliflower, Carrot & Butternut Squash with Cubed Herb Potatoes	Sausage Plait, Potato Wedges, Carrots, Broccoli, Baked Beans & Gravy	Handmade Meatballs, Spaghetti with Smooth Ratatouille Sauce & Peas	Chicken Curry & Rice, with Cauliflower & Sweetcorn	Poached Fish in White Sauce, Root Mash, Peas & Carrots
<b>Dessert</b>	Ice Cream and Chocolate Sauce	American Soft Bake Cookie	Strawberries & Shortbread	Chocolate Sponge and Chocolate Custard	Peaches and Cream
<b>Drink</b>	Water	Water	Water	Water	Water
<b>Snack</b> 14:00	Multigrain Cracker with Cream Cheese	Bread, Cucumber & Carrot Sticks	Wholemeal Pitta & Hummus	Ham & Melon	Toasted Plain Bagel with Butter
<b>Drink</b>	Water	Water	Water	Water	Water
<b>Tea</b> 15:45	Crumpets and Toppers	Warm Pasta Salad	Chef's Soup of the Day with Bread & Butter	Beans on Toast with Grated Cheese	Mediterranean Vegetable Couscous
<b>Dessert</b>	Fresh Fruit	Yoghurt	Fresh Fruit	Yoghurt	Fresh Fruit
<b>Drink</b>	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**