

NURSERY MENU

WEEK 5

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 Fruit	Fresh & Dried Fruit	Fresh Fruit	Fresh & Dried Fruit	Fresh Fruit
Drink	Water	Water	Water	Water	Water
Lunch 11:15 0-2's 11:30 2-5's	Sausage Cassoulet with Roast Veg Couscous	Chefs Thai Chicken Curry with Broccoli, Carrots & Rice	Beef Stroganoff with Roast Potatoes, Peas & Broccoli	Lentil, Chick Pea & Cauliflower Curry with Bulgar Wheat & Quinoa	Smoked Haddock Kedgeree with Cauliflower and Wilted Kale
Dessert	Ginger Cake and Custard	Lemon Drizzle Cake	Millionaire Shortbread	Bananas & Custard	Cinnamon Wheels with White Icing
Drink	Water	Water	Water	Water	Water
Snack 14:00	Multigrain Crackers & Cream Cheese	Wholemeal Pitta & Humous	Cheese and Pineapple	Ham and Melon	Bread, Carrot & Cucumber Sticks
Drink	Water	Water	Water	Water	Water
Tea 15:45	Roast Cauliflower Gratin with Pea Puree	Smoked Mackerel Pate on Wholemeal Toast with Dill & Cucumber Salad	Pasta with Napoli Sauce	Sardines in Tomato Sauce on Toast with Corn on the Cobb	Corn Beef Hash with Grilled Herb Tomatoes
Dessert	Fresh Fruit	Yoghurt	Fresh Fruit	Yoghurt	Fresh Fruit
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