



**WEEK 1**

# MENU

Freshly cooked, delicious healthy meals that allow children to explore exciting tastes and textures.

## Monday

### BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

### LUNCH

Green Green Risotto  
Risotto with lots of yummy green vegetables  
Ice Cream with Homemade Magic Chocolate Sauce  
Water

### AFTERNOON SNACK

Sunflower Flapjack Bars

### AFTERNOON TEA

Half a Baked Potato with Cream Cheese  
Fresh Fruit  
Water

## Tuesday

### BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

### LUNCH

Salmon and Broccoli Pasta  
Banana and Cinnamon Rice Pudding  
Water

### AFTERNOON SNACK

Selection of Fresh Fruit

### AFTERNOON TEA

Chicken and Red Pepper Fajitas  
Dried Apricots with Yoghurt  
Water

## Wednesday

### BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

### LUNCH

Smoked Mackerel Pate on Toast  
Moussaka  
Water

### AFTERNOON SNACK

Salami, Sweetcorn and Tomato Muffins

### AFTERNOON TEA

Smoky BBQ Buns with Cucumber Sticks  
Fresh Fruit  
Water

## Thursday

### BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

### LUNCH

Chicken and Mushroom Pie served with peas and mash  
Poached Red Fruit  
Water

### AFTERNOON SNACK

Selection of Fresh Fruit

### AFTERNOON TEA

Cream of Cauliflower Soup with Cheese on toast  
Beetroot and Chocolate Cake  
It's Yummy!!  
Water

## Friday

### BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

### LUNCH

Roast Pork Dinner with Roast Potatoes, Broccoli and Gravy  
Blackberry Bakewell Pudding with Custard  
Water

### AFTERNOON SNACK

Cheese and Marmite Swirls

### AFTERNOON TEA

Cheesy, Chicken Nacho Takeaway  
Fresh Fruit  
Water

All our food is freshly prepared by our cook on a daily basis using all fresh ingredients. copies of all recipes are available from the nursery manager.



WEEK 2

# MENU

Freshly cooked, delicious healthy meals that allow children to explore exciting tastes and textures.

## Monday

### BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

### LUNCH

Cauliflower Cheese Spaghetti  
Crunchy Cornflake Tart  
Water

### AFTERNOON SNACK

Selection of Fresh Fruit

### AFTERNOON TEA

Puffy Pea and Potato Pie  
Fromage Frais  
Water

## Tuesday

### BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

### LUNCH

Hoisin Chicken and Rice  
Jam Sandwich Pudding with Ice Cream  
Water

### AFTERNOON SNACK

Lemon Curd Slices

### AFTERNOON TEA

Pizzadilla  
Selection of Fresh Fruit  
Water

## Wednesday

### BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

### LUNCH

Selection of Vegetable Sticks  
Spanish Fish Pie  
Water

### AFTERNOON SNACK

Selection of Fresh Fruit

### AFTERNOON TEA

Chicken and Salad Wraps  
Zesty Avocado and Lime Cake  
Water

## Thursday

### BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

### LUNCH

Creamy Sausage and Mushroom Pasta Bake  
Roasted Pears with Custard  
Water

### AFTERNOON SNACK

Banana and Coconut Muffins

### AFTERNOON TEA

Bacon Badger with low sugar, low salt baked beans  
Selection of Fresh Fruit  
Water

## Friday

### BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

### LUNCH

Melon and Ham Fingers  
Roast Chicken Dinner with all the trimmings  
Water

### AFTERNOON SNACK

Selection of Fresh Fruit

### AFTERNOON TEA

Pasta Twist Salad  
Crispy Rice Cookies  
Water

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WEEK 3

# MENU

Freshly cooked, delicious healthy meals that allow children to explore exciting tastes and textures.

## Monday

### BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

### LUNCH

Magnificent Mash with Cheese and Leeks

Greek Yoghurt with Honey and Fresh Fruit

Water

### AFTERNOON SNACK

Red Lentil Spread with Rice Cakes

### AFTERNOON TEA

Chilli Bean Burritos

Fresh Fruit

Water

## Tuesday

### BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

### LUNCH

Chinese Prawn Cracker

Sweet Orange Chicken with Broccoli

Water

### AFTERNOON SNACK

Selection of Fresh Fruit

### AFTERNOON TEA

Fish Finger Sandwiches

Chunky Monkey Cake

Water

## Wednesday

### BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

### LUNCH

Caribbean Lamb Hot Pot

Lemon and Ginger Crunch Tart

Water

### AFTERNOON SNACK

Spiced Squash and Fruit Loaf

### AFTERNOON TEA

Pasta with Tuna and Tomato

Fresh Fruit

Water

## Thursday

### BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

### LUNCH

Toasted Naan Fingers with Minty, Yoghurt Dip

Fish Curry with Rice

Water

### AFTERNOON SNACK

Selection of Fresh Fruit

### AFTERNOON TEA

Chicken and Vegetable Soup

Sweet Potato and Ginger Cake

Water

## Friday

### BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

### LUNCH

Roast Pork Sausages with Mash, Peas and Onion Gravy

Bananas and Custard

Water

### AFTERNOON SNACK

Apple Cookies

### AFTERNOON TEA

Pizza with our favourite toppings!

Fresh Fruit

Water

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**WEEK 4**

# MENU

Freshly cooked, delicious healthy meals that allow children to explore exciting tastes and textures.

## Monday

### BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

### LUNCH

vegetable Mac 'N Cheese  
Fruit Yoghurt  
Water

### AFTERNOON SNACK

Selection of Fresh Fruit

### AFTERNOON TEA

Vegetable Paella  
Parsnip and White Chocolate Cake  
Water

## Tuesday

### BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

### LUNCH

Sausage and Rosemary Cassoulet  
Jelly  
Water

### AFTERNOON SNACK

Banana Flapjack

### AFTERNOON TEA

Lentil and Sweet Potato Soup  
Selection of Fresh Fruit  
Water

## Wednesday

### BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

### LUNCH

Vegetable Sticks with Hummus  
Higgled-Piggledy Pasta Bake  
Water

### AFTERNOON SNACK

Selection of Seasonal Fruit

### AFTERNOON TEA

Shredded Hoisin Chicken Wraps  
Mandarin Orange Jelly  
Water

## Thursday

### BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

### LUNCH

Alladin's Chicken with Lemon Couscous  
Jasmine's Orange Cake  
Water

### AFTERNOON SNACK

Bumpy Bean Dip with Tortillas

### AFTERNOON TEA

Croque Monsieur Bake  
Fresh Fruit  
Water

## Friday

### BREAKFAST

A choice of cereal from Weetabix, Rice Crispies or Cornflakes with warm or cold milk

### LUNCH

Smoked Haddock Bake  
Vanilla Ice Cream with Homemade Berry Sauce  
Water

### AFTERNOON SNACK

Apple Chunks with Raisins

### AFTERNOON TEA

Steak and Chips Pie  
Fruit Yoghurt  
Water

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