

Tic Toc Day Nursery Menu 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Courgette and pea risotto	Turkey burger, mixed vegetable and sweet potato fries	Tuna pasta bake	Chicken and vegetable chow mein	Ethiopian lentil and vegetable stew with cous cous
Dessert	Pears with Greek yoghurt	Mango, melon and banana	Fruit salad	Banana bread	Sliced peaches
Vegetarian		Quorn	Quorn	Quorn	
Tea	Banana muffins and fruit	Baked beans with cheese and toast and fruit	Carrot and cumin dip with flat bread and cucumber stocks and fruit	Oat cakes with cheese, cucumber and pepper and fruit	Raisin scones with fruit

*Babies weaning process i.e. Vegetables, fish, meat purees and fruit purees or menu if appropriate.