

Wonderland Day Nursery Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast is served between 7.30-8.00- A choice of cereals and a drink.				
Snack with milk	Apple	Crumpet	Banana	Breadsticks with cream cheese.	Grapes
Lunch	Beef lasagne with mixed veg.	Turkey Casserole, Potatoes 2 seasonal veg	Spaghetti with salmon and tomato/mixed vegetable sauce	Roast Gammon, Roast Potatoes, and 2 vegetables, vegetable gravy.	Chicken and Vegetable Curry with Brown and White Rice
Vegetarian	Vegetable and Bean Lasagne	Quorn and Vegetable Casserole	Spaghetti with mixed beans, tomato and veg sauce.	Quorn and Veg Roast with vegetables and gravy as above.	Quorn and Vegetable Curry
Pudding	Fresh Fruit	Yoghurt	Apples baked with dried fruit and cinnamon.	Fruit salad	Chocolate sponge cake and chocolate custard.
Snack with milk	Cheese cubes	Pitta and Hummus	Carrot/courgette muffin	Satsuma	Crackers and spread
Tea	Chicken and vegetable wraps	Jacket Potato with cheese and baked beans	Cheese and tomato pizza with veg sticks	Bean and vegetable soup with homemade wholemeal bread	Selection of sandwiches including Tuna & veg sticks
Vegetarian	Quorn and Vegetable wraps	As Above but including Quorn style ham	As Above	As Above	As Above
Pudding	Apple Jack (Dairy-free)	Fresh Fruit	Yoghurt	Lemon drizzle cake with cream cheese topping	Ice lollies made from natural yoghurt and fruit.

Sugar added pudding. **Vegetarian.** Every day includes two portions of fruit and at least three portions of vegetables.

Autumn/Winter Menu updated 07.09.2023