

Wonderland Day Nursery Week 3

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|---|--|--|---------------------------------------|--|
| Breakfast | Breakfast is served between 7.30-8.00- A choice of cereals and a drink. | | | | |
| Snack with milk | Breadstick | Banana | Rice cake | Crumpet | Melon |
| Lunch | Chicken Piri Piri with brown + white rice, tomatoes & broccoli | Beef mince cobbler with mashed potatoes & 2 seasonal veg | Butchers pork sausages, mash & veg | Pork Curry with 2 Vegetables and Rice | Creamy white fish and veg pie |
| Vegetarian | Vegetable and Bean Piri Piri | Quorn Mince Cobbler | Quorn Roast | Vegetarian Bean Curry and Rice | Quorn and Vegetable Pasta Bake |
| Pudding | Fresh Fruit | Carrot cake | Ice Lolly made with Natural Yogurt and Fruit | Vanilla sponge & custard | Yoghurt |
| Snack with milk | Cheese Cubes | Pitta and cream cheese | Garlic Bread | Buttered Tea cake | Cucumber sticks |
| Tea | Vegetable and Bean Soup with Wholemeal Bread | Pasta Prima Vera (Veg including courgettes + peppers) | Selection of sandwiches with veg sticks | Tuna pasta bake | Beef chilli wraps with grated cheese |
| Vegetarian | As Above | As Above with Mixed Beans | As Above with Quorn Style Ham | Quorn and Vegetable Fingers | Vegetarian Chilli with kidney beans wraps with cheese. |
| Pudding | Millionaires' shortbread | Yoghurt | Gingerbread man | Fresh Fruit | Cookie |

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

Autumn/Winter Menu updated 07.09.2023