

Wonderland Day Nursery

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals. Served with fresh water or whole milk or milk substitute.				
Snack with milk	Banana	Crumpet	Toasted fruit loaf	Wholemeal toast	Melon slices
Starter	Garlic Flatbread sticks		Pitta & red pepper/hummus dip		Mini corn on the cobs
Lunch	Spaghetti & salmon in tomato sauce with mixed peppers	Chicken Curry, veg & Rice.	Beef & sweet potato stew	Roast chicken, mash potato & cabbage & broccoli	Pork Stir fry rice noodles & oriental veg
		Fruit salad		Homemade (sugar free) apricot sorbet	
Snack with milk	Orange slices	Rice cake & grapes	Cracker & Cream cheese	Pineapple slices	Carrot & Courgette Muffins
Starter		Guacamole with cucumber sticks & sliced peppers		Sweetcorn fritters	
Tea	Homemade sausage puffs with beans or vegetable puffs	Homemade pizza with mushroom & sweetcorn	Pasta prima vera with Canelini beans	Carrot & Coriander soup & Homemade bread roll	Tuna/cucumber/cream cheese sandwiches & cucumber/carrot sticks
Pudding	Natural yoghurt & honey		Apple slices		Natural yoghurt & mixed berries

Vegetarian option available
Autumn/Winter menu 2025

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