

FOOD MENU

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A choice of fresh fruit served with a selection of cereals, including Weetabix, or porridge with milk or milk alternatives. Wholemeal Toast or bagel with spread.				
Mid-morning snack	Pitta bread with dips	Rice cakes with smashed avocado	Vegetable sticks with houmous	Seasonal fresh fruit	Multi-grain Crackers and cream cheese
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch	Meatballs with mashed potato and gravy V Vegan meatballs	Chicken noodles with vegetables V Egg noodles	Spaghetti Bolognese with Vegetables V Vegetarian Bolognese	Cheese and broccoli / cauliflower pasta bake	Fish Cakes with Roasted Baby Potatoes & Peas Veggie Fingers
	Fruit salad	Rice pudding	Fruit Yoghurt	Fruit Jelly	Ice cream
Mid-afternoon snack	Breadsticks and Carrot sticks	Seasonal Fresh fruit	Rice cakes & apple slices	Vegetable sticks with Greek yoghurt dip	Breadsticks with apple slices
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Afternoon tea	Cheese & Baked beans on toast	Fluffy scrambled eggs on toast	Freshly made Cheese & Tomato pizza Muffins	Roasted carrot and pepper soup	Bagels with Soft Cheese & Vegetable sticks

Hydration: Fresh water available and accessible throughout the day.

Parent Notice: Allergen information for the foods we serve at nursery is available upon request. Please feel free to ask the Nursery Manager.

This menu is subject to change depending on available seasonal ingredients & availability from our suppliers.