

FOOD MENU

Week 3	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	Multi-grain Crackers and cream cheese	Pitta bread with dips	Seasonal fresh fruit	Breadsticks with cheese slices	Vegetable Sticks with Greek Yoghurt Dip
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch	Chickpeas & Vegetable Curry with Couscous	Vegetable biryani	Spaghetti Bolognese with Vegetables & garlic bread V Vegetarian Bolognese	Salmon and Vegetable pasta bake V Chickpeas pasta bake	Saffron chicken with rice V Saffron Vegetable with rice
	Fruit Jelly	Fruit yoghurt	Rice pudding	Fresh fruit	Ice cream
Mid-afternoon snack	Fresh Seasonal Fruit and breadsticks	Rice cakes with cream cheese	Breadsticks with apple slices	Fresh Seasonal Fruit & bread sticks	Multi-grain crackers with smashed avocado
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Afternoon tea	Tagliatelle tomato & herb pasta	Cheese / Tuna melt	Cheese & baked beans on toast	Fluffy scrambled eggs on toast	Cheese sandwich with cucumber slices

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.