

FOOD MENU

Week 2	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	Seasonal Fresh Fruit	Vegetable sticks with Greek Yoghurt dip	Cucumber and cheese pieces with bread sticks	Multi-grain Crackers and cream cheese	Rice cakes with carrot sticks
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch	Lentil curry served with Bulgur	Chicken biryani V Vegetable biryani	Tuna & Sweetcorn pasta bake V Cheese Pasta	Chilli Con Carne served with rice V Vegetarian Chilli with rice	Chicken Korma served with Couscous V Vegetable Korma with Couscous
	Fruit yoghurt	Rice Pudding	Fruit Jelly	Fruit Salad	Ice cream
Mid-afternoon snack	Cucumber and Carrot Slices	Seasonal Fresh Fruit	Multi-grain Crackers and cream cheese	Rice cakes and cucumber slices	Breadsticks with Cheese Sticks
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Afternoon tea	Potato wedges with baked beans	Tuna or Cheese sandwich / melt	Hot Cheese rolls & Mixed vegetables	Vegetable soup with bread roll	Mac & Cheese

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.