



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	MID MORNING SNACK Apple and mango water	MID MORNING SNACK Carrots and celery sticks, apple, cheddar cheese and cream crackers, water	MID MORNING SNACK Celery and carrot sticks, with pita bread and houmous Water	MID MORNING SNACK English muffin with cream cheese spread and orange Water	MID MORNING SNACK Pear and banana Water
	LUNCH Cauliflower base Pizza with spinach/chicken/ quorn chicken bites ,mushrooms sweetcorn/pineapple,bagle with butter Milk or water	LUNCH Turkey / quorn and vegetable, pasta Milk or water	LUNCH Chicken / chickpeas curry Basmati brown Rice, salad Milk or water	LUNCH Gnocchi with pesto ,fish / veg fingers green beans water	LUNCH Makrel / falafel with sweet potatoes chips and peas Milk or water
	PUDDING Greek yoghurt with canned peach	PUDDING Homemade Flapjack	PUDDING Semolina with berry smoothie	PUDDING rice pudding with cinnamon	PUDDING Greek yoghurt with bananas and raisins
	MID AFTERNOON SNACK Orange and blueberries with crackers Water	MID AFTERNOON SNACK Strawberries and grapes Water	MID AFTERNOON SNACK Melon and cheddar cheese Water	MID AFTERNOON SNACK Pineapple and kiwi Water	MID AFTERNOON SNACK Hard boiled eggs, bread sticks and cherry tomatoes Water
	TEA Beans on brown toast with veg sticks Water, milk	TEA Sausage /(meat and veg) and mash with peas or green beans Water, milk	TEA Roast butternut squash and lentil soup, 50/50 toast Water, milk	TEA Wholemeal Pita bread with houmous, cheese, boiled egg and veg sticks Water	TEA Tomato & Lentil soup with rice or egg pasta / 50/50 toast Water, milk
	PUDDING Apple crumble with custard	PUDDING Greek yoghurt with fruit cocktail	PUDDING Rhubarb crumble with yoghurt	PUDDING Tapioca with cinnamon	PUDDING Baked apples with Yoghurt

WE ARE USING COCONUT OR COLD PRESSED RAPSEED OIL FOR BAKING AND VIRGIN OLIVE OIL FOR SALADS AND DRESSINGS. OUR BUTTER IS KERRYCOLD FROM GRASS FED COWS, FOR PUDDINGS WE ARE USING VERY LITTLE OF BROWN SUGAR. ALL OUR SAUCES ARE MADE FROM SCRATCH WITH VERY LITTLE SALT ADDED. WE ADD HERBS AND PEPPER TO MOST OF OUR MAIN MEALS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 2	MID MORNING SNACK Plum, peach and carrot Water	MID MORNING SNACK Banana, grapes, cucumber Water	MID MORNING SNACK Wholemeal toast with cream / goat cheese and carrot sticks Water	MID MORNING SNACK Strawberries, melon and orange Water	MID MORNING SNACK Cream crackers with butter or cream cheese spread, apple & plums Water
	LUNCH Turkey/ quorn meat balls in tomatoes sauce wholemeal spaghetti Water, milk	LUNCH Beef/chicken/kidney beans casserole with veg (carrots, potatoes, peas) brown rice Water, milk	LUNCH Chicken / vegetables and lentil curry, basmati rice nan bread and plain Greek yoghurt, mango chutney Water, milk	LUNCH Salmon/ beans , pesto pasta with sweetcorn Water, milk	LUNCH Chicken / turkey/ quorn sausages with mash sweet potatoes and broccoli. Water, milk
	PUDDING Greek yoghurt with honey	PUDDING custard with stewed apples	PUDDING Rice pudding with raisins	PUDDING raisins	PUDDING Baked banana, cinnamon
	MID AFTERNOON SNACK Toast with cream cheese, apple Water	MID AFTERNOON SNACK Orange and grapes, bread stick Water	MID AFTERNOON SNACK Celery, cucumber and bananas Water	MID AFTERNOON SNACK oats pancake pear, grapes and apple Water	MID AFTERNOON SNACK Grapes, honey dew melon and cucumber sticks Water
	TEA Scrambled / boiled eggs with hummus , chicken / turkey ham, wholemeal toast Water	TEA 50/50 bread cheese and tuna sandwich, carrots, cucumber, peppers and celery stick Water, milk	TEA Butternut and carrot , lentil soup with toast Water, milk	TEA Spinach and ricotta ravioli in tomato sauce, butter/baked beans on the side Salad Water	TEA Leek, potato and carrot , lentil soup with muffins Water, milk
	PUDDING Stewed seasonal fruits with semolina	PUDDING Oat and berries crisp	PUDDING Apple and cinnamon scones	PUDDING Rice pudding with honey	PUDDING Avocado and banana mousse

WEEK 3	MID MORNING SNACK Strawberries, apple and carrot Water	MID MORNING SNACK Banana, plum, cucumber Water	MID MORNING SNACK Wholemeal toast with butter, cheddar cheese, carrot sticks Water	MID MORNING SNACK melon and orange and cream crackers Water	MID MORNING SNACK apple , oranges, bananas, rice cake Water
	LUNCH Home made mint lamb or beef burgers with cheese and avocado spread, tomato salad Water, milk	LUNCH Chick peas and vegetable curry with brown rice , Greek yoghurt, mango chutney , samosas Water, milk	LUNCH Prawns and spinach risotto Water, milk	LUNCH Home made chicken/cod or vegetable goujons with roast potatoes, green beans Water, milk	LUNCH Home made fish pie with peas Water, milk
	PUDDING Greek yoghurt with home made jam	PUDDING raisins	PUDDING Rice pudding	PUDDING Dry apricots	PUDDING Baked banana, cinnamon
	MID AFTERNOON SNACK Celery , cucumber and apples Water	MID AFTERNOON SNACK Orange and grapes, bread stick Water	MID AFTERNOON SNACK Celery, cucumber and bananas Water	MID AFTERNOON SNACK oats pancake pear, grapes and apple Water	MID AFTERNOON SNACK Grapes, honey dew melon and cucumber sticks Water
	TEA Scrambled / boiled eggs with hummus, tuna wholemeal toast Water	TEA Spinach and ricotta Ravioli in tomato sauce topped up with cheese, steamed mixed vegetables (carrots, cauliflower and green beans) Water, milk	TEA Vegetable and red lentil curry with brown rice Water, milk	TEA Cottage/ shepherd's or lentil pie with side salad Water	TEA Home made pizza with variety of toppings Water, milk
	PUDDING Apple and cinnamon scones	PUDDING Pancakes	PUDDING Semolina with strawberry jam	PUDDING Waffles	PUDDING Avocado and banana mousse

Nursery menu might change on the daily basics regarding children dietary requirements, additional cooking activities or children preferences.