

Sept-Feb	Monday	Tuesday	Wednesday	Thursday	Friday
9.30 am Breakfast	Toast and Fresh Fruit Milk or Water	Toast and Fresh Fruit Milk or Water	Toast and Fresh Fruit Milk or Water	Toast and Fresh Fruit Milk or Water	Toast and Fresh Fruit Milk or Water
11.30am Main	Fish Fingers	Chicken Curry	Lamb & Veg Stew	Pork Goulash	Turkey Balls
Non Meat	Vegetable Fingers	Chickpea & Spinach Stew	Cheesy Vegetable Bake	Vegetable Goulash	Vegan Balls with Tomato Sauce
Vegetables	Mashed Potato Baked Beans	Brown Rice Broccoli	Jacket Potato Cauliflower	Herby Couscous Sweetcorn	Spaghetti Green Beans
Dessert	Fresh Fruit Salad	Treacle Sponge & Custard	Rhubarb Muffin	Rice Pudding	Strawberry Mousse
3.15pm Snack	Buttered Crumpets	Yoghurt	Fresh Fruit	Cucumber Sandwiches	Cream Cheese & Crackers
	Monday	Tuesday	Wednesday	Thursday	Friday
9.30 am Breakfast	Toast and Fresh Fruit Milk or Water	Toast and Fresh Fruit Milk or Water	Toast and Fresh Fruit Milk or Water	Toast and Fresh Fruit Milk or Water	Toast and Fresh Fruit Milk or Water
11.30am Main	Marinated Chicken in a Tomato Ratatouille Sauce	Cheese Pie	Chicken & Leek Pie (pastry top)	Hake & Puttanesca Sauce (tomato) with Spinach	Cottage Pie
Non Meat	Cheesy Ratatouille Pasta Bake	Jacket Potatoes	Lentil & Mushroom Pie (potato top)	Mac & Cheese with Leeks	Vegetarian Pie
Vegetables	Herby Diced Potatoes Broccoli	Beans	New Potatoes Green Beans	Rice Peas	Gravy Cabbage
Dessert	Raspberry Mousse	Apple Crumble & Custard	Fresh Fruit	Bread & Butter Pudding and Custard	Fresh Fruit Salad
3.15pm Snack	Crusty Bread & Cream Cheese	Fruit	Cheese, Cucumber and Bread Sticks	Buttered Scones	Toasted Teacakes and Butter
	Monday	Tuesday	Wednesday	Thursday	Friday
9.30 am Breakfast	Toast and Fresh Fruit Milk or Water	Toast and Fresh Fruit Milk or Water	Toast and Fresh Fruit Milk or Water	Toast and Fresh Fruit Milk or Water	Toast and Fresh Fruit Milk or Water
11.30am Main	Chicken Casserole	Beef Pie (pastry top) with Gravy	Cod & Parsley Sauce	Turkey & Gravy	Savoury Mince
Non Meat	Vegetable Casserole	Cheese and Leek Crumble	Vegetable Stuffed Potato	Butternut Squash & Spinach Roulade	Savoury Mixed Vegetables
Vegetables	Crusty Bread	Sweet Potato Carrots	Mashed Potato Peas	Roast Potatoes Sprouts	Wholemeal Pasta Cauliflower
Dessert	Fresh Fruit	Stewed apple and Ice-Cream	Raspberry Blondie	Jam Sponge & Custard	Homemade Yoghurt with Fruit Coulis
3.15pm Snack	Yoghurt	Bananas on Toast	Oatcakes & Cheese	Buttered Fruit Loaf	Biscuits & Fresh Fruit

The Nursery caters for specific dietary requirements i.e. Non-dairy, gluten free. Children need a balanced diet and will be offered and encouraged to try a variety of foods throughout the week. Fruit will be offered as an alternative to dessert and snack if the children do not like the food offered.