

SAMPLE MENU



	Breakfast	Lunch	Tea
Monday	All Wholegrain cereal with milk Toddlers/pre-school Assorted fresh fruit	Roast chicken served with vegetable cous cous Yoghurt	Tuna/egg mayonnaise sandwiches Tomatoes and pear
Tuesday	Babies: Cereal/fruit loaf Toddlers/pre-school: Toasted fruit loaf Assorted fresh fruit	Vegetable curry served with brown rice Yoghurt	Cheese and tomato pizza Carrot sticks and satsuma
wednesday	All Wholegrain cereal with milk Toddlers/pre-school Assorted fresh fruit	Homemade bolognaise served with pasta twists Yoghurt	Hummus served with pita bread Cucumber and pepper
Thursday	Babies: Cereal/toast Toddlers/pre-school: Wholemeal toast Assorted fresh fruit	Jacket potatoes served with ham/grated cheese and low sugar baked beans Yoghurt	Warm buttered Crumpets Sugar snap peas and banana
Friday	All Wholegrain cereal with milk Toddlers/pre-school Assorted fresh fruit	Fish in a butter sauce served boiled potatoes, peas and carrots Yoghurt	Crackers with a cream cheese topping Tomatoes and apple

All meals and snacks are freshly prepared in our own nursery kitchen The menu is flexible and may change.

A choice of milk or water is offered at each snack and tea time and water with lunch

water is available to all children throughout the day