

Menu Week 1

Milk and water served throughout the day.

	Breakfast (8-8.30)	Snack	Lunch (11:30am)	Snack	Lunch (3:30pm)
Monday	-Selection of cereals. -Wholegrain toast - Oranges	Apple and pears, milk and water.	- Crumpets with soft cheese - Pineapple	Rice Cake, milk and water.	- Keema curry and rice with hidden vegetables. - Melon Sticks
Tuesday	-Selection of cereals. -Toast or crumpets. - Plums	Pineapple and kiwi, milk and water.	-Cheese or Ham sandwiches. Bananas	Carrot and Cucumber Sticks, milk and water.	- Roast chicken dinner with mash, peas and carrots. - Weekly bake
Wednesday	-Selection of cereals. -White toast - Kiwi	Pears and apple , milk and water.	- Deconstructed mixed bean enchiladas. - Oranges	Crackers, milk and water.	-Tuna and sweetcorn pasta bake. - Fromage Frais
Thursday	-Selection of cereals. -Toast or crumpets. - Pineapple	Bananas and plums, milk and water.	- Carrot and swede waffles with pitta bread and hummus. - Melon	Pepper and tomato sticks, milk and water.	-Cheese and onion pie and beans. - Flapjack
Friday	-Selection of cereals. -Wholegrain toast - Grapes	Apples and kiwi, milk and water.	Scrambled egg on toast with tomato slices -Grapes	Breadsticks, milk and water.	- One pot lasagne with penne, hidden vegetables and garlic bread. - Shortbread fingers

Menu Week 2

Milk and water served throughout the day.

	Breakfast (8-8.30)	Snack	Lunch (11:30am)	Snack	Teatime (3:30pm)
Monday	-Selection of cereals. -Wholegrain toast - Oranges	Apple and pears, milk and water.	Beans on toast Pineapple	Rice Cake, milk and water.	-Pork Penne pasta with hidden vegetables and grated cheese. - Melon sticks
Tuesday	-Selection of cereals. -Toast or crumpets. - Plums	Pineapple and kiwi, milk and water.	- Real sausage hot dogs. -Grapes	Carrot and Cucumber Sticks, milk and water.	- Chilli and brown rice served with nachos. - Weekly bake
Wednesday	-Selection of cereals. -White toast - Kiwi	Pears and apples , milk and water.	-Cream cheese sandwiches and cucumber sticks. Orange	Crackers, milk and water.	Fish pie and peas - Fromage Frais
Thursday	-Selection of cereals. -Toast or crumpets. - Pineapple	Bananas and plums, milk and water.	Creamy tomato pasta bake with sweetcorn mixed. Melon	Pepper and tomato sticks, milk and water.	- Chick pea and sweet potato curry with rice - Old school cake and custard
Friday	-Selection of cereals. -Wholegrain toast - Grapes	Apples and kiwi, milk and water.	Garlic bread with fresh tomato and cheese. Bananas	Breadsticks, milk and water.	-All day breakfast - Cookies

Menu Week 3

Milk and water served throughout the day.

	Breakfast (8-8.30)	Snack	Lunch (11:30am)	Snack	Teatime (3:30pm)
Monday	-Selection of cereals. -Wholegrain toast - Oranges	Apple and pears, milk and water.	- Toasted fruit loaf. -Pineapple	Rice Cake, milk and water.	- Spag bol with hidden mushrooms. - Flap jacks with sultanas.
Tuesday	-Selection of cereals. -Toast or crumpets. - Plums	Pineapple and kiwi, milk and water.	- Wafer thin chicken pittas with shredded carrot and mayo. -Grapes	Crackers, milk and water.	- Fish finger pie - Weekly bake
Wednesday	-Selection of cereals. -White toast - Kiwi	Pears and apples, milk and water.	- Pizza feast -Bananas -Oranges	Carrot and celery sticks, milk and water.	- Cauliflower and cheese macaroni. - Fromage Frais
Thursday	-Selection of cereals. -Toast or crumpets. - Pineapple	Bananas and plums, milk and water.	- Graze board with ham, cheese, crackers and vegetable sticks. -Melon	Pepper and tomato sticks, milk and water.	- Roast chicken with mash, broccoli and gravy. - Pineapple sticks
Friday	-Selection of cereals. -Wholegrain toast - Grapes	Apples and kiwi, milk and water.	- Warm sausage rolls, coleslaw and cucumber sticks. -Oranges	Breadsticks, milk and water.	- Mixed bean jambalaya - Fairy bun

Menu Week 4

Milk and water served throughout the day.

	Breakfast (8-8.30)	Snack	Lunch (11:30am)	Snack	Teatime Snack (3:30pm)
Monday	-Selection of cereals. -Wholegrain toast - Oranges	Apple and pears, milk and water.	- Chicken strips, pitta bread, dips and vegetable sticks -Pineapple	Rice Cake, milk and water.	Mixed bean chilli with rice and nachos - Swiss roll
Tuesday	-Selection of cereals. -Toast or crumpets. - Plums	Pineapple and kiwi, milk and water.	- Spaghetti hoops with bread and butter -Grapes	Carrot and Cucumber Sticks, milk and water.	- Sausage, mash and peas. - Weekly bake
Wednesday	-Selection of cereals. -White toast - Kiwi	Pears and apples , milk and water.	- Pizza crumpets topped with ham, sweetcorn and cheese -Oranges	Crackers, milk and water.	- Homemade leek and potato soup with crusty bread - Bananas and custard
Thursday	-Selection of cereals. -Toast or crumpets. - Pineapple	Bananas and plums, milk and water.	- Cheese and crackers served with ham, cucumber sticks and grapes -Melon	Pepper and tomato sticks, milk and water.	- Creamy salmon and broccoli pasta. - Fromage frais
Friday	-Selection of cereals. -Wholegrain toast - Grapes	Apples and kiwi, milk and water.	- Tuna and sweetcorn mayo sandwiches. -Bananas	Breadsticks, milk and water.	- Cottage Pie with mixed vegetables - Pineapple upside down cake

VALE
STREET OLI3
NURSERY