



Children's Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of porridge, cornflakes, rice crispies, whole wheat breakfast cereal, wholemeal toast and fresh fruit are available. Milk or water are provided.				
Morning snack	Cheese thin and apple slices	Water biscuit and cucumber batons	Buttered cream cracker and pepper slices	Breadstick and banana slices	Melba toast and carrot batons
Lunch	Chilli con carne with green lentils and rice	Fish pie with mixed vegetables	Cheese, tomato & pepperoni pasta	Quorn pieces in tomato sauce and couscous	Salmon and broccoli pasta bake
Dessert	Fruit salad	Home-made oat biscuit	Bananas and custard	Home-made fruit crumble with cream	Poached pear & ice cream/Greek yoghurt
Afternoon snack	Melba toast and carrot batons	Multigrain cracker and pear slices	Chive twist and satsuma segments	Water biscuit and cucumber batons	Cheese twist and pear slices
Afternoon Tea	Cheese and tomato pinwheel pizza Home-made banana bread	Toasted crumpets with cheese & vegetable batons Stewed fruit & custard/Greek yoghurt	Home-made butternut squash, coconut and chilli soup and wholemeal bread Fresh fruit selection	Baked beans on toast and vegetable batons Fresh fruit jelly	Hummus, cream crackers, ham and tortilla chips Home-made carrot cake

Drinks: Children will be offered milk or water at snack times and water at all main meals. Fresh water is available for all children to freely access throughout a session.

This menu does contain some of the 14 known allergens. Full details are available from Louise, Hannah or Stewart our Nursery Chef