

To encourage healthy eating, lunch is always served with a side salad

A mix fruit platter is served after the main meal at tea time

Autumn/Winter Sample Menu

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Tea
Monday	A choice of Cereals (Weetabix, Rice pops or Porridge) With buttered or jam toast or crumpets	Fresh fruit and water A selection of different fruits are given to the children, children are encouraged to try different fruits over the week depending on season	Creamy fisherman's Pie with peas & carrots accompanied with a fresh leaf salad For Dessert Apple crumble & custard	Breadsticks with humous dip and warm milk	Cheese on toast Accompanied by salad sticks & a humous dip
Tuesday			Roast chicken and roasted new potatoes served with green beans topped with gravy and leaf salad Qourn chicken is used as an alternative For Dessert Semolina	Rice cakes with raisins/dry fruit and warm milk	Vegetable pasta topped with cheese
Wednesday			Shepherd's pie consisting of a range of vegetables topped with creamy mashed potatoes and cheese with side salad Quorn mince used as an alternative For Dessert Fromage Frais	Crackers with cheese spread and warm milk	Chicken and salsa (Vegetable and salsa) wraps
Thursday			Thai green chicken curry with rice and green beans Thai green vegetable curry prepared using cannellini beans and rice with green beans For Dessert Fruit Fool	Fruit Flapjacks and warm milk	Jacket potato's served with spaghetti hoops and grated cheese
Friday			Spaghetti Bolognese served with baby tomatoes & chopped cucumber Quorn mince used as an alternative For Dessert Mixed Fruit Flan	Blueberry muffins and warm milk	Warm quiche served with tomato salad

We Serve Halal Meat & Poultry in Nursery
 Lunch is served between at 11.30am and 12pm
 Snack for all children is between 10am-10.30am and 2pm-2.30pm
 Tea is served at 4.30pm
 Children have access to drinking water throughout the day
 Special Dietary needs are catered for by replacing key ingredients