



SAMPLE MENU

PLEASE SEE OUR CURRENT MENUS IN THE NURSERY LOBBY. OUR MENUS ARE ROTATED EVERY 5 WEEKS.
ALL HOME COOKED & MADE FROM FRESH INGREDIENTS.

	Breakfast	Snack	Lunch	Snack	Tea
Monday	Cereal if desired. Toast with assorted toppings; Red jam, yellow jam, honey, treacle & butter	Fresh seasonal vegetables and dips. Drink of milk	Chicken, yorkshire pudding, mashed potato and seasonal vegetables. Ice-cream and sauce Fruit juice/water to drink	Home-made flapjack. Drink of milk	Tomato soup with crusty bread. Seasonal Fruit
Tuesday	Cereal if desired. Toast with assorted toppings; Red jam, yellow jam, honey, treacle & butter	Seasonal fruit smoothie	Stir fry rice with peppers, onion, mushroom. Mixed berry crumble Fruit juice/water to drink	Fresh seasonal vegetables. Drink of milk	Pitta bread with salad, assorted fillings, meat tuna, cheese. Seasonal Fruit
Wednesday	Cereal if desired. Toast with assorted toppings; Red jam, yellow jam, honey, treacle & butter	Fresh seasonal vegetables and dips. Drink of milk	Meatballs in tomato sauce and pasta with mixed peppers. Yoghurt Fruit juice/water to drink	Fresh seasonal fruit. Drink of milk	Homemade pizza, salad, cucumber, carrot and pepper sticks. Seasonal fruit
Thursday	Cereal if desired. Toast with assorted toppings; Red jam, yellow jam, honey, treacle & butter	Fresh seasonal fruit and yoghurt dip. Drink of milk	Toad in the hole, mashed potato and vegetables with gravy. Carrot cake Fruit juice/water to drink	Fresh seasonal vegetables. Drink of milk	Beans/scrambled egg on toast. Seasonal fruit
Friday	Cereal if desired. Toast with assorted toppings; Red jam, yellow jam, honey, treacle & butter	Fresh seasonal vegetables and dips. Drink of milk	Tuna pasta bake & crusty bread. LPN mess Fruit juice/water to drink	Fresh seasonal fruit. Drink of milk	Cheese and assorted crackers, dips, humus, melon slices, pineapple sticks.