



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CONTINENTAL BREAKFAST				TIME 08.00-09.00
Toasted Bread Honey Hoops Banana and Yoghurt Semi Skimmed or Soya Milk	Toasted Pancakes Multigrain Shapes (Blueberry) Crackers and Cheese Semi Skimmed or Soya Milk	Toasted Bagels Malted Wheaties Banana and Yoghurt Semi Skimmed or Soya Milk	Toasted Crumpets Multigrain Shapes (Strawberry) Crackers and Cheese Semi Skimmed or Soya Milk	Toasted Teacakes Rice Snaps Banana and Yoghurt Semi Skimmed or Soya Milk
MORNING SNACK				TIME 10.00-11.00
Cheese Crackers Clementine and Tomato Semi Skimmed or Soya Milk	Bread Sticks Grape and Carrot Semi Skimmed or Soya Milk	Cheese Twists Pear and Sweetcorn Semi Skimmed or Soya Milk	Dutch Crisp Bakes Apples and Pepper Semi Skimmed or Soya Milk	Cheese bakes Melon and Peas Semi Skimmed or Soya Milk
TWO COURSE LUNCH				TIME 11.45-12.45
Beef Bolognaise (or Quorn Mince) Butterfly Pasta Carrots	Fish Fingers (or Quorn Fish Fingers) New Potatoes Sweetcorn	Pork Sausages (or Soya Sausages) Sweet Potato Mash Broccoli	Roast Chicken (or Roast Quorn) Roast Potatoes and Yorkies Peas	Fish and Vegetable Pie (or Dairy Free Cheese) Herbie Mash Green Beans
Blueberry Muffins	Honey Biscuits	Gingerbread People	Star Biscuits	Apple and Caramel Squares
AFTERNOON SNACK				TIME 13.00-15.00
Melba Thins Apple and Pepper Semi Skimmed or Soya Milk	Cheese Thins Melon and Peas Semi Skimmed or Soya Milk	Rice Cakes Clementine and Tomato Semi Skimmed or Soya Milk	Cheddars Grape and Carrot Semi Skimmed or Soya Milk	Krisproll Pear and Sweetcorn Semi Skimmed or Soya Milk
TWO COURSE TEA				TIME 15.45-16.45
Pitta Bread Tuna and Chicken	Beans on Toast Shredded Cheese	Muffin Pizza Greek Salad	Cheese platter Ham, Pickles and Crackers	Samosas Fruity Couscous and Crisps
Warm Fruit with Yoghurt	Warm Fruit Scone with Crème Fraiche	Warm Banana Muffins with Vanilla Custard	Warm Chocolate Brownie with Crème Fraiche	Warm Apple Crumble With Ice cream

Parent Information:

If your child has a dietary requirement or allergy, please ask either the Nursery Manager and/or the Nursery Cook for advice.

Children with specific allergies will have prepared meals that may not be included on the five-week rotational menu.

A 'specials' menu will be devised at various times during the year, either to use up food by the end of the week/term or for special events.

Children are provided with individual water bottles daily, levels are monitored and refreshed throughout the day to ensure children are kept hydrated.