



Children's Menu

WEEK FOUR	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of porridge, cornflakes, rice crispies, whole wheat breakfast cereal, wholemeal toast and fresh fruit are available. Fruit juice, milk or water are provided.				
Morning snack	Water biscuit and carrot	Multigrain cracker and apple	Buttered crispbread and banana	Breadstick and satsuma	Cheese twist and apple
Lunch	Chilli con carne and rice	Quorn tagine and cous cous	Butternut squash mac and cheese	Cuban beef and mashed potato	Chicken and butterbean casserole and green beans
Dessert	Pineapple upside down cake	Rice pudding and fruit coulis	Fruit salad	Banana and custard	Chocolate bread and butter pudding
Afternoon snack	Chive twist and pear	Cheese twist and pepper	Cheese thin and cucumber	Buttered cream cracker and celery	Multigrain cracker and carrot
Afternoon Tea	Spiced root vegetable soup and wholemeal bread Fruit yoghurt	Flatbread pizza and veg batons Melon and grape	Ham or cheese wraps and diced salad Beetroot brownie	Beans on toast Apple and cinnamon pinwheel	Toasted bagels with smoked salmon, cream cheese and cucumber batons Fruit bowl

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 or Stewart our Nursery Chef