

# SEPTEMBER / DECEMBER MENU ~ WEEK 1



**WHITES NURSERIES LTD**  
PURVEYORS OF QUALITY FRUIT AND VEGETABLES

	Morning Snack	Lunch	Afternoon Snack
<b>Monday</b>	Cereal  Fresh Fruit	Tagliatelle with Lemon Chicken Ragu  Prunes & Custard	Tuna Dip 1/2 Wholemeal Pitta Celery & Red Pepper
<b>Tuesday</b>	White Toast  Fresh Fruit	Quorn Chilli with Rice & Sweetcorn  Warm Winter Fruit Salad with Vanilla Sauce	2 slices Banana Malt Loaf  Fresh Fruit
<b>Wednesday</b>	Cereal  Fresh Fruit	Lamb & Fenurgreek Dumpling Stew  Wholemeal Pear Sponge	*COOKING ACTIVITY*  Fresh Fruit
<b>Thursday</b>	Wholemeal Toast  Fresh Fruit	Mediterranean Salmon with Lemon & Pea Risotto  Banana Flapjack (no sugar) with Greek Yoghurt	Breadsticks 1 Hard Boiled Egg Cherry Tomatoes
<b>Friday</b>	Cereal  Fresh Fruit	Jacket Potato with Cheese and Beans  Apple Crumble with Custard	Cheese Spread Sandwich  Fresh Fruit

Fruit & Vegetables    Beef    Lamb    Poultry    Wholemeal    Pulses & Meat alternatives    Fish

It is strongly advised that children have breakfast and tea at home in addition to the food provided at nursery so that the requirements for their daily intake is met.

0-12 months: Breastmilk or your choice of formula milk is provided

1-5 years: Cow's milk is offered at AM & PM snack

**Water (boiled and cooled if under 6 months) is offered to everyone throughout the day.**