

SEPTEMBER / FEBRUARY MENU ~ WEEK 1



	Breakfast 7.30-7.45am	Snack 9.00-9.30am	Lunch 12.00-12.30pm	Snack 3.30-4.00pm
Mon	Choice of cereals	Crumpet Pear	Salmon & Broccoli with Wholegrain Pasta Shells & Sweetcorn Winter Fruit Cobbler	Oatcakes & Spread Banana
Tue	Choice of cereals	Malted Wheats Apple	Mixed Bean & Root Vegetable Stew with Apricot & Herb Couscous Baked Apples with Sultanas	Ham Sandwich Clementine
Wed	Choice of cereals	White Toast Melon	Macaroni Cheese and Tomatoes with Peas Warm Winter Fruit Salad with Vanilla Sauce	Rice Cake Pre-school made dip Apple & Beetroot
Thu	Choice of cereals	Wheat Biscs Banana	Minced Beef & Vegetable Cobbler Semolina with Peaches	Scone & Spread Melon
Fri	Choice of cereals	Toasted Muffin Clementine	Chicken Korma with Boiled Rice Cocoa & Beetroot Cake with Cocoa Custard	*COOKING ACTIVITY*

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

It is strongly advised that children have 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.