

Wonderland Day Nursery Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast is served between 7.30-8.00- A choice of cereals and a drink.				
Snack with milk	Crumpet with cheese	Cracker and Cheese Spread	Toast	Apple	Breadsticks
Lunch	Tuna Lasagne with 2 Vegetables	Chicken Stir Fry with Vegetables and Rice	Bacon and Mushroom Carbonara	Vegetable curry with Couscous	Roast pork H/m Apple Sauce Roast Potatoes, 2 veg
Vegetarian	Vegetable and Bean Lasagne	Quorn Stir Fry with Vegetables and Rice	Quorn and Mushroom Carbonara	As above	Quorn Roast
Pudding	Fruit Sorbet	Summer Berry Crumble and Custard	Blueberry Cookie	Natural Yogurt with Fruit Puree	Fruit
Snack with milk	Banana	Garlic and Coriander Naan Bread	Carrot Sticks and Hummus	Satsuma	Melon
Tea	Beef Chilli Tacos with Cheese and Salsa	Tomato, Bean and Herb soup with Bread	Jacket Potato with Baked Beans and Cheese	Cheese or Salmon Sandwiches with Veg Sticks	Veg Quiche and wedges with h/m tomato sauce
Vegetarian	Veg and Bean Chilli Tacos	As above	As above	As above	As above
Pudding	Fairy Cake with Sultanas	Fruit	Fruit	Chocolate Brownie served with Berries	Yogurt

Sugar added pudding. **Vegetarian.** Every day includes two portions of fruit and at least three portions or vegetables. Across the week we have two portions of fish one of which is oily fish.

Spring/summer menu week 1 24/4/18