

Wonderland Day Nursery Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast is served between 7.30-8.00- A choice of cereals and a drink.				
Snack with milk	Banana	Cracker with sardine	Apple	Toast	Berry Smoothie
Lunch	Spaghetti Bolognese (beef) with Mushrooms	Roast chicken and potatoes with two vegetables	White fish/salmon and veg pasta bake	Shepherd's pie (lamb) with 2 vegetables	Veggie and bean casserole and garlic bread
Vegetarian	Soya Spaghetti Bolognese	Quorn Roast	Quorn and veg pasta bake	Soya and potato pie	As above
Pudding	Yogurt	Natural fromage frais with mixed berry compote	Fruit	Bananas and custard	Peach Apricot Sorbet
Snack with milk	Pitta bread and bean dip	Grapes.	Herby sticks	Crumpet	Cheese Straw
Tea	Assorted Sandwiches and Vegetable Sticks	Cheese and tomato Pizza with mixed bean salad	Chicken wraps and vegetable sticks	Vegetable risotto with broad beans	Cowboy Hotpot
Vegetarian	As above	As above	Soya and sage balls	As above	Veggie sausage and baked bean hotpot
Pudding	Fruit	Lemon Drizzle Cake with Cream Cheese Topping	Yogurt	Fruit	Choc Chip and Raisin Cookie

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.