

# Sample Nursery Menu

## Autumn/ Winter

Monday	BREAKFAST	LUNCH	TEA	SNACKS
	Malt wheat cereal & sliced banana	Pesto pasta served with salad (no nuts)  Starter/ Pudding: Tomato pin wheels	Jacket potato with tuna & sweetcorn  Starter/ Pudding: Fruit salad	AM: Breadsticks & mixed vegetable sticks  PM: Cheese, cucumber & tomato slices
Tuesday	BREAKFAST	LUNCH	TEA	SNACKS
	Cornflakes with raisins & kiwi fruit	BBQ chicken, potato wedges & coleslaw  Starter/ Pudding: Melon slices	Chunky vegetable soup  Starter/ Pudding: Herby rolls	AM: Buttered crumpets & strawberries  PM: Pineapple slices
Wednesday	BREAKFAST	LUNCH	TEA	SNACKS
	Overnight oats with strawberries	Salmon & pea risotto  Starter/ Pudding: Pineapple slices	Pitta pockets with cream cheese & cucumber  Starter/ Pudding: Banana smoothie	AM: Boiled egg with sliced tomatoes  PM: Vegetable sticks & humous
Thursday	BREAKFAST	LUNCH	TEA	SNACKS
	Weetabix with mixed berries	Beef chilli con carne with rice  Starter/ Pudding: Tortillas	Bean & tomato pasta  Starter/ Pudding: Oranges	AM: Wholemeal toast with vegemite  PM: Mashed avocado & pitta bread
Friday	BREAKFAST	LUNCH	TEA	SNACKS
	Rice Krispies & melon	Fish cakes with roasted seasonal vegetables  Starter/ Pudding: Summer fruit sorbet	Homemade pizza  Starter/ Pudding: Rice pudding	AM: Mashed avocado on bagels  PM: Greek yoghurt with mixed berries

**Millie's House meals are all homemade daily with no added sugar or salt.**

**Drinks:** Tap water is served throughout the day, with milk available at snack times.

**Dietaries:** All dietary needs are catered for, vegetarian options are available.

**Weaning:** Purees and finger foods are available for smaller children who have begun weaning.

**This is a sample menu. Menus are rotated on a three-week basis.**

**Please contact your nursery manager to request the full three-week rotation, vegetarian menu or weaning menu, including allergen information.**