

# Sample Nursery Menu

## Autumn/ Winter

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