

Sample Nursery Menu

Spring/ Summer

Monday	BREAKFAST Wholemeal toasts with cream cheese & fruit	LUNCH Beef Bolognaise Starter/ Pudding: Tomato pin wheels	TEA Spring vegetable and rice risotto Starter/ Pudding: Various fruits	SNACKS AM: White bean dip with pita bread PM: cup of milk/fruit smoothie
Tuesday	BREAKFAST Bagels with butter & fruit	LUNCH Braised lamb with lentils & couscous Starter/ Pudding: Melon slices	TEA Turkey penne pasta Starter/ Pudding: Various fruits	SNACKS AM: Buttered crumpets & strawberries PM: Pineapple slices
Wednesday	BREAKFAST Porridge with fruit	LUNCH Salmon & pea risotto Starter/ Pudding: Pineapple slices	TEA Fish pie Starter/ Pudding: Various fruits	SNACKS AM: Boiled egg with sliced tomatoes PM: Vegetable sticks & houmous
Thursday	BREAKFAST Weetabix with mixed berries	LUNCH Beef chilli con carne with rice Starter/ Pudding: Tortillas	TEA Bean & tomato pasta Starter/ Pudding: Various fruits	SNACKS AM: Breadsticks with cream cheese & pepper PM: Mashed avocado & pitta bread
Friday	BREAKFAST Greek yoghurt & fruit	LUNCH Fish cakes with roasted seasonal vegetables Starter/ Pudding: Summer fruit sorbet	TEA Homemade pizza Starter/ Pudding: Various fruits	SNACKS 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.