

Winter Menu week 1



	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Snack *	Snack-Carbohydrate	Breadsticks	Toasted Muffin	Wholemeal Pitta Bread	Toast 50% Wholemeal & 50% White Bread	Cracker Bread
	Fruit or Vegetable	Peaches & Carrot Sticks	Cucumber & Fresh Grapes	Cucumber Sticks & Fresh Apple	Fresh Pears & carrots	Pineapple & Cucumber
	Dairy	Drink of Milk	Sunflower Spread & Drink of Milk	Drink of Milk	Sunflower Spread & Drink of Milk	Drink of Milk
	Lunch	Shepherd's Pie	Sweet & Sour Turkey	Spaghetti Bolognese	Chicken & Sweetcorn Pie	fish pie
Lunch ()	Carbohydrate	Mash Potato with skin and parsnips	50% Long Grain Rice & 50% Wholemeal Rice	50% Wholemeal Spaghetti & 50% Spaghetti	New Potato & Pastry	Mash Potato with skin and swede
	Protein	Lean Lamb Mince	Lean Turkey Mince	Lean Pork Mince	Chicken	White fish
	Vegetable	Carrots & Swede	Tomatoes, Green Beans & peppers	Broccoli (Fresh peppers, Tin Tomatoes, Garlic, Basil, Thyme)	Sweetcorn, Pea & Carrots	Peas and Swede
	Dairy	Milk in yoghurt	Milk in custard	Milk in yoghurt	Milk in rice pudding	Milk & Butter
	Pudding	Yoghurt	Custard and Banana	Yoghurt	Rice Pudding	Fresh Fruit and Evapouated Milk
	Tea	Pasta Bake	Bean on Toast	Children made Pizza	Sandwiches	Rainbow Rice
Tea *	Carbohydrate	50% Wholemeal Pasta & 50% Pasta	Bread	Muffins	50% Wholemeal & 50% White Bread	50% Wholemeal Rice & 50% Long grain Rice
	Other	Pepper, onions, chopped tomatoes and carrot	Tomato & beans	Cheese, Tomato and Mixed herbs	Jam and Ham	Mixed Vegetables
	Dairy	Drink of Milk	Drink of Milk	Cheese & Drink of Milk	Drink of Milk	Drink of Milk
	Pudding	Fresh Melon	Apple	Peaches	Banana	Fresh Pear

If vegetarian option is required the protein content will be substituted with Tofu

() Milk is offered at snack and Tea time Water is provided all throughout the day

* Majority of the food is prepared and cooked in the nursery including chicken burgers, fish cakes, soups, lasagne etc.