



Week 1

Breakfast

Porridge berries, banana, wholemeal toast and optional low sugar cold cereals.

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Herb crust chicken breast with roast potatoes and kale	Quorne chilli con carne with potato wedges and green beans	Roast chicken with roast potatoes and peas and cabbage	Lamb lasagne with cucumber lettuce and cherry tomato	Beef sausages with fresh cauliflower and broccoli mash
	Assorted fresh fruits	Assorted fresh fruit yoghurt	Assorted fresh fruits	Assorted fresh fruit yoghurts	Assorted fresh fruits
Dinner	Tomato beef penne with braised cabbage	Salmon and broccoli fishcakes with garden vegetables	Lentil and sweet corn soup with French bread	Tuna dill and cous cous salad with corgetti	Chicken and Greek feta cheese salad with French bread

Morning / Afternoon Snacks

Milk with mixed fruits and rice cakes or breadsticks and humous cucumber, carrot sticks and celery

These 4 week rotating menus together with the tea suggestions provide a healthy balanced diet specifically geared for the needs of the under 5s during their time at nursery. All special dietary requirements are also catered for. A wide variety of cuisines and flavours from all around the world encourage good eating habits later in life and provoke interest in food from different cultures.



Week 2

Breakfast

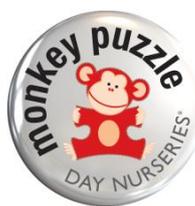
Porridge berries, banana, wholemeal toast and optional low sugar cold cereals.

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Turkey and mushroom penne with cucumber slices and cherry tomatoes	Sweet potato and butternut squash massala with coriander rice with spinach salad	*Roast chicken with sweet and white potato and parsnip, peas and gravy	Soya mince and kidney bean stew with lemon rice baby carrots	Lamb and apricot cous cous salad with kale and French bread
	Assorted Fresh fruits	Assorted fresh fruit yoghurts	Assorted fresh fruits	Assorted fresh fruit yoghurt	Assorted fresh fruits
Dinner	Chunky chicken soup with cheesy garlic bread	Wraps with chicken and ham slices with mango, penne and tomato salad	Tomato and tuna and red onion puff pastry slice with green salad	chunky salmon with sweet potato and parsnip wedges and green beans	Beef and peppers with mashed squash and green beans

Morning / Afternoon Snacks

Milk with mixed fruits and rice cakes or breadsticks and humous cucumber, carrot sticks and celery

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Week 3

Breakfast

Porridge berries, banana, wholemeal toast and optional low sugar cold cereals.

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Chicken and sweet potato curry with basmati rice with warm kale salad	Minced beef with cauliflower and broccoli mash and green beans	Roast ham with a new potato and peas and sweet corn	Chicken and spring onion pie with fresh kale	Pork and apple meatballs with cous cous coriander and broccoli
	Mixed fresh fruits	Assorted fresh fruit yoghurts	Mixed fresh fruits	Assorted fresh fruit yoghurts	Mixed fresh fruits
Dinner	Cod and parsley linguine with broccoli	Tuna sweetcorn penne with spring onion salad	Chicken with mild salsa and wraps with a cucumber and sweet corn salad	Lentil chilli with basmati rice and a green salad	Tomato and carrot soup with crusty bread

Morning / Afternoon Snacks

Milk with mixed fruits and rice cakes or breadsticks and humous cucumber, carrot sticks and celery

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Week 4

Breakfast

Porridge berries, banana, wholemeal toast and optional low sugar cold cereals.

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Sausages with sweet potato and parsnip mash with courgettes	Lemon chicken with brown rice and broccoli	Veggie lasagne with cherry tomato and sweet corn salad	Chicken and smoked paprika with roasted yam and green beans	Minced lamb with sweet potato mash broccoli
	Assorted fresh fruits	Assorted fresh fruit yoghurts	Assorted fresh fruits	Assorted fresh fruit yoghurts	Assorted fresh fruits
Dinner	Quorne fillet strips with lime and pepper cous cous with lettuce	Butternut squash and pepper soup with brown bread fingers	Beef and pasta shell cherry tomato salad with cucumber sticks	Quorne pieces with peppers and rice with a sweetheart cabbage	Mediterranean cod fishcakes with garlic bread and salad

Morning / Afternoon Snacks

Milk with mixed fruits and rice cakes or breadsticks and humous cucumber, carrot sticks and celery

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