

Adventurers Day Nursery Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals: Weetabix, Cheerios, Rice Krispies or Shreddies served with fruit.				
Snack	A rotating selection of fresh fruits, vegetable sticks, dried cereal, rice cakes and bread sticks. Milk or water to drink.				
Lunch	Vegetable lasagne and garlic bread	Cheese and onion quiche with mash and beans	Vegetarian sausage and tomato pasta	Sweet potato and lentil curry and rice	Vegetable pie and mash
Dessert	Pureed peaches and natural yogurt	Bananas and custard	Raspberry muffins	Winter fruit flan	Fruit salad served with ice-cream
Tea	Sausage/cheese and onion rolls with potato wedges	Hot dogs	Cheesy waffles and beans	Cheese and crackers served with houmous	Cheese and tuna wholegrain wraps with veg batons
Dessert	Fruit	Fruit	Fruit	Fruit	Oatcakes
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals: Weetabix, Cheerios, Rice Krispies or Shreddies served with fruit.				
Snack	A rotating selection of fresh fruits, vegetable sticks, dried cereal, rice cakes and bread sticks. Milk or water to drink.				
Lunch	Vegetable chilli with rice	Mac and cheese, broccoli and cauliflower with garlic bread	Roast chicken served with mash, veg, Yorkshire puddings & gravy	Cowboy pie	Creamy salmon and pea pasta bake
Dessert	Sliced pears served with ice-cream	Winter fruit flan	Pureed peaches with natural yogurt	Apple crumble and custard	Pineapple muffins
Tea	Cheesy waffles with beans	Cheese and crackers served with houmous	Ham and cheese wholegrain sandwiches with cucumber batons	Tuna melts	Sausage/cheese and onion rolls with potato wedges
Dessert	Fruit	Fruit	Fruit	Fruit	Fruit
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals: Weetabix, Cheerios, Rice Krispies or Shreddies served with fruit.				
Snack	A rotating selection of fresh fruits, vegetable sticks, dried cereal, rice cakes and bread sticks. Milk or water to drink.				
Lunch	Vegetarian pasta bolognese and garlic bread	Cheese and tomato whirls with mash and beans	Tuna and sweetcorn pasta with vegetables	Lentil and vegetable curry with rice	Vegetable casserole, Yorkshire puddings and mash
Dessert	Blueberry muffins	Mandarin segments with natural yoghurt	Pineapple upside down cake	Chocolate cake served with ice-cream	Rice pudding and fruit puree
Tea	Cheese and tuna wholegrain sandwiches with cucumber batons	Fish fingers, wholegrain bread and veg batons	Cheese and crackers and pepper batons	Ham and cheese wholegrain wraps with veg batons	Tuna melts
Dessert	Fruit	Fruit	Oatcakes	Fruit	Fruit

Please note: All meals will be prepared to ensure they are age and stage appropriate and in line with each child's dietary requirements. Menu options or ingredients may change due to unforeseen circumstances. Water is available to drink throughout the day and will be served with all main meals