

**AUTUMN &
SUMMER MENU
WEEK 1**

Stoke Green

**DAY NURSERY
FOOD MENU**

Main meals & puddings

Monday - Vegetable chili w/warm pitta breads. **Pudding** -Greek yoghurt w/ peach slices.

Tuesday - Fish pie w/ seasonal vegetables. **Veg option** - Lentil pie w/ seasonal vegetables **Pudding** - Cranberry muffins.

Wednesday - Pork sausages baked bean pie **Veg option** - Quorn sausages **Pudding** - Greek yoghurt w/ raspberry puree.

Thursday - Homemade cod fish cakes w/ potato's, pea's & parsley sauce. **Veg option** - Vegetable cakes. **Pudding** - Raisin cookie crunch.

Friday - Chicken, spinach & vegetable curry w/ rice & naan bread.. **Veg option** - Lentil vegetable and spinach curry. **Pudding** - Summer crumble custard.

Breakfast

Breakfast is offered between 8am - 9.15am along with a rolling snack. A variety of cereals with fresh milk, continental options include muffins, pancakes, toast and fresh fruit

Snack

Our healthy snacks include fruit smoothie, rice cakes, oat biscuits, fruit bowl, vegetable sticks.

High Tea

Monday - Scrambled eggs and beans on toast.

Tuesday - Cold cheese & tuna pasta bake w/ salad.

Wednesday - Turkey & spinach wraps w/ cherry tomatoes. **Veg option** - Cheese spinach wraps.

Thursday - Homemade cheese & pepper pizzas.

Friday - Warm pitta breads w/ variety of dips and vegetable sticks.

Allergens awareness:

We cater for all allergens and dietary requirements and adhere to the food standard organization