



Kinderland Day Nursery

This week's menu

Week 1	Am Snack	Lunch	Dessert	PM Snack	Afternoon Tea	Dessert
Monday	Mango & Peaches with rice cakes	Spaghetti and roasted vegetable pasta medley served with grated cheese M C G	Homemade Carrot Cake M G E	Milk & Biscuits M G	Mexican Chicken & vegetable rice salad	Pineapple & Galia Melon slices
Tuesday	Strawberries & Plums with breadsticks G	BBQ Chicken and vegetables served with rice and pitta bread G	Natural Greek yoghurt with raspberry puree M	Milk & Crackers M G	Homemade thick vegetable soup with wholemeal bread G	Nectarine slices & banana
Wednesday	Honeydew melon & Apricots with croissants G	Pork sausage and vegetable casserole served with mini roast potatoes G	Fromage frais Yogurt M	Milk & breadsticks M G	Macaroni & Cauliflower cheese with wholemeal bread & butter M G	Plum slices & orange smileys
Thursday	Cucumber & carrot sticks with crackers G	Homemade chicken Curry & vegetable served with rice & mini nan breads M G	Bananas & custard M E	Milk & rice cakes M	Beef/Bean and vegetable Enchiladas E M G	Apple & Pear chunks
Friday	Banana & Apple with biscuits G	Beef & vegetable lasagne served with cherry tomatoes & cucumber M C G	Seasonal fruit salad	Milk & croissants M G	Chicken, Vegetable & Cheese Pasta Bake G M	Grapes & fresh peach slices
MILK/DAIRY - M LUPIN - L		SOYA - S CELERY - C		GLUTEN - G FISH - F EGGS - E		

Menus can be subject to change

Under 1's will be provided with fresh fruit puree and alternative meals as required



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This week's menu

Week 2	Am Snack	Lunch	Dessert	PM Snack	Afternoon Tea	Dessert
Monday	Vegetable sticks with Rice cakes	Chicken Cujons served with new potatoes, peas & sweetcorn G	Fromage frais yogurt M	Milk & Croissants M G	Pasta shells in tomato & herb sauce served with grated cheese G M	Strawberries & Melon Slices
Tuesday	Apple and cheese cubes M	Homemade beef meatballs served with pasta in tomato & vegetable sauce C G E	Blueberries & Ice cream M	Milk & Breadsticks M G	Chicken and vegetable couscous with tomato & cucumber G	Sliced Peaches & Pears
Wednesday	Apricots & Grapes with Crackers G	Moroccan lamb & vegetables served with rice	Honeydew melon wedges	Milk & Rice cakes M	Spaghetti hoops on toast G	Plum & Nectarine slices
Thursday	Blueberries & Kiwi with Breadsticks G	Roast Chicken served with roast potatoes, carrots & broccoli	Greek yoghurt & tinned peaches M	Milk & Biscuits M G	Homemade vegetable soup served with wholemeal bread G	Pineapple & Strawberries
Friday	Melon & Pear with Croissants G	Mexican bean sausage casserole served with mashed potato & green beans G M	Homemade rice pudding M	Milk & Crackers M G	Chicken & vegetable risotto	Banana wedges & Grapes
MILK/DAIRY - M LUPIN - L		SOYA - S CELERY - C	GLUTEN - G FISH - F EGGS - E			

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This week's menu

Week 3	Am Snack	Lunch	Dessert	PM Snack	Afternoon tea	Dessert
Monday	Mango & Pears with breadsticks G	Pasta with beef and vegetable Bolognese served with grated cheese M G	Fromage Frais Yogurt M	Milk & Crackers M G	Stir fried chicken & vegetable noodles G	Raisins & Plum slices
Tuesday	Strawberries & kiwi with rice cakes	Homemade vegetable curry served with rice and mini nan bread G M	Crunchy summer crumble G	Milk & Biscuits M G	Baked beans on wholemeal toast & grated cheese M G	Blueberries & Nectarine slices
Wednesday	Pineapple & oranges with croissants G	Chicken in tomato & fresh basil sauce served with new potatoes & French beans	Homemade chocolate brownie M G E	Milk & breadsticks M G	Cold tuna & sweetcorn pasta F G	Honeydew melon & Sliced peaches
Thursday	Grapes & Watermelon with biscuits G	Beef Chilli con carne served with rice and tortilla bread C G	Seasonal Fruit salad	Milk & Rice cakes M	Fish fingers with potato wedges and vegetable sticks F G	Orange smileys & banana chunks
Friday	Mixed vegetable sticks with crackers G	Fresh salmon & broccoli pasta served with garlic bread baguette F M G	Strawberries & cream M	Milk & Croissants M G	Homemade vegetable soup with crusty bread G	Sliced pears & Apples
MILK/DAIRY - M LUPIN - L		SOYA - S CELERY - C		GLUTEN - G FISH - F EGGS - E		

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