

WEEK 4

MONDAY

Breakfast 8.00am - 9.00am

Choice of Cereals

Snack bar 9.30am - 10.45am

Selection of Dried Fruit

Fruit Juice/Water

Dinner 11.30am - 12.30pm

Delicious Mexican Chilli
and Basmati Rice

Fruit in Natural Juices

Afternoon Snack 2.00pm - 2.45pm

Selection of Fruit

Fruit Juice/Water

Tea 3.30pm - 4.00pm

Selection of Crackers and Cheese
with Crunchy Vegetable Sticks

Fresh Fruit

Fruit Juice/Milk

*changes are made where necessary to meet
all individual dietary requirements*

Menu created by Jane Avery, Nursery Chef

WEEK 4

TUESDAY

Breakfast 8.00am - 9.00am

Choice of Cereals

Snack bar 9.30am - 10.45am

Selection of Dried Fruit

Fruit Juice/Water

Dinner 11.30am - 12.30pm

Jane's Butter Bean and Winter Root

Casserole with Roast Potatoes

and Seasonal Vegetables

Fruit and Yummy Custard

Afternoon Snack 2.00pm - 2.45pm

Selection of Fruit

Fruit Juice/Water

Tea 3.30pm - 4.00pm

Scrambled Egg on Toast

Fresh Fruit

Fruit Juice/Milk

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individual dietary requirements*

Menu created by Jane Avery, Nursery Chef

WEEK 4

WEDNESDAY

Breakfast 8.00am - 9.00am

Choice of Cereals

Snack bar 9.30am - 10.45am

Selection of Dried Fruit

Fruit Juice/Water

Dinner 11.30am - 12.30pm

Luscious Mince Lamb with Mashed Potato
and Seasonal Vegetables
Cake and Yummy Custard

Afternoon Snack 2.00pm - 2.45pm

Selection of Fruit

Fruit Juice/Water

Tea 3.30pm - 4.00pm

Homemade Homous, Crunchy Vegetable
Sticks, Bread Sticks
and a Selection of Crackers
Fresh Fruit
Fruit Juice/Milk

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individual dietary requirements*

Menu created by Jane Avery, Nursery Chef

WEEK 4

THURSDAY

Breakfast 8.00am - 9.00am

Choice of Cereals

Snack bar 9.30am - 10.45am

Selection of Dried Fruit

Fruit Juice/Water

Dinner 11.30am - 12.30pm

Beefy Bolognaise Sauce

with Pasta Shapes and Grated Cheese

Fruit Yoghurt

Afternoon Snack 2.00pm - 2.45pm

Selection of Fruit

Fruit Juice/Water

Tea 3.30pm - 4.00pm

Beans on Toast

Fresh Fruit

Fruit Juice/Milk

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individual dietary requirements*

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WEEK 4

FRIDAY

Breakfast 8.00am - 9.00am

Choice of Cereals

Snack bar 9.30am - 10.45am

Selection of Dried Fruit

Fruit Juice/Water

Dinner 11.30am - 12.30pm

Fishy Fish Pie

with Seasonal Vegetables and Gravy

Fruit in Natural Juices

Afternoon Snack 2.00pm - 2.45pm

Selection of Fruit

Fruit Juice/Water

Tea 3.30pm - 4.00pm

Jamaican Spiced Bun

and Cheddar Cheese

Fresh Fruit

Fruit Juice/Milk

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individual dietary requirements*

Menu created by Jane Avery, Nursery Chef