

Mini Uni Nursery's Spring Term Menu

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Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetabix with milk and	Cornflakes with milk, raisins	Hard-boiled egg and	Weetabix with milk and	Selection of cereals with
	sliced banana. Crumpet and	and kiwi fruit quarters White	tomatoes with wholemeal	mixed berries Half a slice of	Half a bagel with spread and
Drinks: Water	spread	toast and spread	bread and spread. Banana	fruit bread and spread	melon
		Sign Sign			
Morning snack	Breadsticks and mixed	Toasted crumpet, spread and	Yoghurt and sliced grapes	Mixed chopped seasonal fruit	Banana slices
Orinks: Milk or Water	vegetable sticks	strawberries			
Lunch and dessert	Thai chicken curry (or Thai	Lamb moussaka (or Lentil	Salmon and pea risotto	Creamy tomato soup with	Lamb ragu with new potatoes,
Drinks: Water	tofu curry) with white rice	moussaka) with garlic bread	followed by Blueberry sponge	bread rolls. Followed by	broad beans and courgettes
	followed by Seasonal fruit salad	and mixed salad.	cake	pineapple upside down cake with custard.	followed by Plain Greek yoghurt with raspberry puree
	salaa	Followed by Rhubarb fool		with custara.	yognurt with raspberry puree
Afternoon Snack	Cheese (sliced or cut into	Pineapple slices	Mashed avocado and pitta	Mixed chopped seasonal fruit	Cucumber and carrots stick
orinks: Milk or Water	sticks) and sliced tomatoes		bread	tal.	with crackers and cream
					cheese
Tea	Bean and tomato gnocchi	Quiche with potato salad and	Jacket potato, cheese and	Wholemeal English muffin	Vegetable pie
Drinks: Water	bake with bread and spread	pepper sticks	beans	pizza with various toppings	



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetabix with milk and kiwi fruit Wholemeal toast and	Berries and yoghurt with toasted oats and cornflakes	Cornflakes with milk, sliced banana. Crumpet with	Cornflakes and milk Half a toasted teacake with	Toasted English muffin with spread, egg and
Drinks: Water	spread		spread	spread and melon	mushrooms
	00		and the same of th		
Morning snack	Hummus dip and bread	Pepper sticks and tomato	Wholemeal toast with	Banana slices	Bagel and cream cheese
Drinks: Milk or Water	sticks	slices	spread and kiwi fruit		
			quarters		
Lunch and dessert	BBQ chicken with new	Beef and spinach curry with	Vegetable and red lentil	Steamed cod in tomato and	Turkey meatballs with
Drinks: Water	potatoes and roast vegetables. Followed by	white rice and naan bread. Followed by Seasonal fruit	dhansak with brown rice followed by Fruit, jelly and	pepper sauce with couscous and green beans. Rice	white spaghetti followed by Peach fool ripple
	Lemon cake.	salad	ice cream	pudding and raspberries	геаст тоот тірріе
Afternoon Snack	Nectarine slices	Oatcakes and cream cheese	Cucumber and carrot sticks	Crackers, tzatziki and	Melon and blueberries
Drinks: Milk or Water				tomato slices	
Tea	Couscous and chickpea	Cheese beans on toast.	Lemon chicken	Selection of sandwiches.	Fish fingers and chips with
Drinks: Water	salad		wrap with lettuce and		peas
			cucumber		

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Breakfast	Bagel with spread, tomato	Cornflakes with milk and	Weetabix with Toasted fruit	Crumpets with spread and	Selection of cereals with
	and mushrooms	banana Wholemeal toast and	bread with spread and kiwi	berries.	mixed fruit.
Drinks: Water		spread	fruit		
Morning snack	Bagel and cream cheese	Breadsticks with carrot and	Mixed berries and plain	Rice cakes, cucumber sticks	Peach slices and plain yoghurt
Drinks: Milk or Water		pepper sticks	yoghurt	and tomatoes	
Lunch and dessert	Beef and mushroom	Cod, potato and spinach curry	Turkey with parsley sauce,	Chicken and vegetable pie	Pasta primavera with garlic
Drinks: Water	stroganoff with white rice.	with couscous followed	new potatoes and green	with roast potatoes and	bread followed by Yoghurt
	Followed by banana bread	Creamy apricot dessert	beans followed by Seasonal fruit platter	spring greens. Followed by Summer crumble and custard	and dried apricots
			Truit platter	Summer crumble and custard	
Afternoon Snack	Crumpets and spread	Banana and yoghurt	Pepper sticks and cheese	Mixed chopped seasonal fruit	Pitta bread with sour cream
Drinks: Milk or Water			(sliced or cut into sticks)		and chive dip
Tea	Savoury omelette with	Lamb and mint koftas (or	Pitta pockets with egg	Mixed bean chilli and jacket	Wholemeal English muffin
Drinks: Water	potato salad and cucumber	veggie mince and mint koftas) with tomato sauce	mayonnaise, cucumber and carrot salad	potato	pizza with various toppings
		and wholemeal pitta bread	carrot Salaa		