Beechwood Farm Day Nursery

MENU - Week 1

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Lunch | Pudding | Light afternoon tea | Pudding |
| Monday | Tuna & Sweetcorn Pasta bakeVegetarían optionVegetable pasta bake | Chocolate crunch | Crumpets & Veg sticks | Fresh fruit |
|  | **Breakfast** Toast or cereal | **Snack**breadsticks |
| Tuesday | Roast of the dayVegetarian optionQuorn roast with vegetarian gravy | Fresh fruitsalad | Cheese/crackers&Sweet pickle | Chocolate chip shortbread |
|  | **Breakfast** Crumpet or cereal | **Snack**Veg sticks |
| Wednesday | Toad in the holeMashed potato, peas & gravyVegetarian optionQuorn sausage | Fresh melon slices | Beans on toast | Warm fruit crumble& Custard |
|  | **Breakfast**Toasted tea cake or Cereal | **Snack**Cinnamon popcorn |
| Thursday | Macc & Cheese | Oat and raisin cookies | Vegetable omelette | Fromage frais |
|  | **Breakfast** Toasted bagel or cereal  | **Snack**Melba toast |
| Friday | Cottage pieWith vegetablesVegetarian optionQuorn mince | Overnight oats with lightly stewed fresh fruit | Soup of the day | Fairy cakes |
|  | **Breakfast** Fruit & yoghurt or Cereal | **Snack**Cheese & veg sticks |

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Menu - Week 2

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Lunch | Pudding | Light afternoon tea | Pudding |
| Monday | Hearty Cheshire hot potVegetarian option Vegetable hotpot | Lemon Curdtart | Scrambled eggon toast | Apricot biscuits |
|  | **Breakfast** Crumpet or cereal | **Snack**Veg sticks |
| Tuesday | Chilli with tortilla chips & sour creamVegetarian optionQuorn mince | JellyVegetarían optionVegetarían jelly | Cheese ham and tomato muffinsVegetarian optionCheese and tomato muffin | Cinnamon & date cake |
|  | **Breakfast** Toasted tea cake or cereal | **Snack**Cinnamon popcorn |
| Wednesday | Roast of the dayVegetarian optionQuorn meat and vegetarian gravy | Fresh fruit salad | Soup of the day | Manchester tart |
|  | **Breakfast**Toasted bagel or cereal | **Snack**Melba toast |
| Thursday | Spicy vegetable curry, lemon and coriander cous cous | Natural yoghurt with a winter berry coolie | Hot dogs &OnionsVegetarian optionQuorn sausage | Flapjack |
|  | **Breakfast** Fruit and yoghurt or cereal | **Snack**Cheese & veg sticks |
| Friday | Fish fingersMash & beansVegetarian optionVegetable fingers | Cake of the day & custard | ToastiesWith various fillings | Fromage frais |
|  | **Breakfast** Toast or cereal | **Snack**breadsticks |

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|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Dinner | Pudding | Tea | Pudding |
| Monday | Macc cheese& cauliflower Bake | Raspberry buns | Soup of the day | Fromage frais |
|  | **Breakfast** Toasted tea cake or cereal | **Snack**Cinnamon popcorn |
| Tuesday | Keralan curry(Fish)White riceVegetarian optionVegetable curry | Pineapple upside down cake | Cheese crackersSweet pickle&apple | Jelly |
|  | **Breakfast** Toasted bagel or cereal | **Snack**melba toast |
| Wednesday | Roast DinnerVegetarian optionQuorn meat and gravy | Apple & cinnamon turnover | Spinach tomato and mozzarella puff | Chocolate orange cookies |
|  | **Breakfast**  Fruit & natural yogurt or cereal | **Snack**Cheese and veg sticks |
| Thursday | Cowboy pieVegetarian optionQuorn sausage | Vanilla sponge with creamy topping and sprinkles | Assorted homemade pizza | Fresh fruit platter |
|  | **Breakfast** Toast or cereal | **Snack**breadsticks |
| Friday | Hearty winter vegetable soup | Rice pudding with nutmeg or cinnamon spice | Welsh rarebit  | St Clemenceshortbread |
|  | **Breakfast** Crumpet or cereal | **Snack**Veg sticks |

 MENU - Week 3

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 MENU- Week 4

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Dinner | Pudding | Tea | Pudding |
| Monday | Fish pieVegetarian optionVegetable bake | Fresh fruit platter | Roasted vegetableparcel | Blueberrymuffins |
|  | **Breakfast** Toasted bagel or cereal | **Snack**Breadsticks |
| Tuesday | Pork & appleCasserole with sage & onion dumplingsVegetarian optionVegetable casserole | Fruit jelly | Cheese scones with sweet pickle | Froghurt |
|  | **Breakfast** Fruit and natural yogurt or cereal | **Snack**Veg sticks |
| Wednesday | Thai green curry& rice | Pineapple & banana cake | Mushroom pate on melba toast | Overnight oats |
|  | **Breakfast** Toast or cereal | **Snack**Cinnamon popcorn |
| Thursday | RoastDinnerVegetarian optionQuorn meat and gravy | Fresh fruitplatter | Ham muffinsVegetarian option Cheese muffin | Fairy cakes |
|  | **Breakfast** Crumpet or cereal | **Snack**Melba toast |
| Friday | Sausage & Mushroom bake Vegetarian optionQuorn sausage | Rice puddingwith fruit coolie | Assorted sandwiches | biscuits |
|  | **Breakfast** Toasted teacake or cereal | **Snack**Cheese and veg sticks |

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MENU- Week 5

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Dinner | Pudding | Tea | Pudding |
| Monday | Asian beef stir fryVegetarian optionAsian Vegetable stir fry | Courgette lime & coconut cake | ToastiesWith a choice of white/brown bread and fillings | Orange polenta cake |
|  | **Breakfast** Toasted bagel or cereal  | **Snack**Veg sticks |
| Tuesday | Beef bourguignonneVegetarian optionQuorn meat | semolina | Fishfinger wrapsWith ketchupVegetarian optionVegetable fingers | Fruit platter |
|  | **Breakfast** Fresh fruit and natural yogurt or toast | **Snack**Cinnamon popcorn |
| Wednesday | Sweet & sour porkWith riceVegetarian optionQuorn meat | Stewed fruit & custard | Pumpkin & coriander soup | Honey & gingerbiscuits |
|  | **Breakfast** Toast or cereal | **Snack**Melba toast |
| Thursday | Bubble & SqueakWith ham | Jam roly-poly& custard | Cheesy garlicflatbread | Fromage frais |
|  | **Breakfast** Crumpet or cereal | **Snack**Cheese and veg sticks |
| Friday | Sausage mash & onion gravyVegetarian optionQuorn sausage | AppleTart | Pate on toast | Fruit scone with jam |
|  | **Breakfast** Toasted tea cake or cereal | **Snack** breadsticks |

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