Beechwood Farm Day Nursery

MENU - Week 1

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Lunch | Pudding | Light afternoon tea | Pudding |
| Monday | Tuna & Sweetcorn Pasta bake  Vegetarían option  Vegetable pasta bake | Chocolate crunch | Crumpets & Veg sticks | Fresh fruit |
|  | **Breakfast**  Toast or cereal | | **Snack**  breadsticks | |
| Tuesday | Roast of the day  Vegetarian option  Quorn roast with vegetarian gravy | Fresh fruit  salad | Cheese/crackers  &  Sweet pickle | Chocolate chip shortbread |
|  | **Breakfast**  Crumpet or cereal | | **Snack**  Veg sticks | |
| Wednesday | Toad in the hole  Mashed potato, peas & gravy  Vegetarian option  Quorn 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 pie  With vegetables  Vegetarian option  Quorn 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 pot  Vegetarian option Vegetable hotpot | Lemon Curd  tart | Scrambled egg  on toast | Apricot biscuits |
|  | **Breakfast**  Crumpet or cereal | | **Snack**  Veg sticks | |
| Tuesday | Chilli with tortilla chips & sour cream  Vegetarian option  Quorn mince | Jelly  Vegetarían option  Vegetarían jelly | Cheese ham and tomato muffins  Vegetarian option  Cheese and tomato muffin | Cinnamon & date cake |
|  | **Breakfast**  Toasted tea cake or cereal | | **Snack**  Cinnamon popcorn | |
| Wednesday | Roast of the day  Vegetarian option  Quorn 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 &  Onions  Vegetarian option  Quorn sausage | Flapjack |
|  | **Breakfast**  Fruit and yoghurt or cereal | | **Snack**  Cheese & veg sticks | |
| Friday | Fish fingers  Mash & beans  Vegetarian option  Vegetable fingers | Cake of the day &  custard | Toasties  With 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 rice  Vegetarian option  Vegetable curry | Pineapple upside down cake | Cheese crackers  Sweet pickle  &  apple | Jelly |
|  | **Breakfast**  Toasted bagel or cereal | | **Snack**  melba toast | |
| Wednesday | Roast  Dinner  Vegetarian option  Quorn 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 pie  Vegetarian option  Quorn 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 Clemence  shortbread |
|  | **Breakfast**  Crumpet or cereal | | **Snack**  Veg sticks | |

MENU - Week 3

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Beechwood Farm Day Nursery

MENU- Week 4

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Dinner | Pudding | Tea | Pudding |
| Monday | Fish pie  Vegetarian option  Vegetable bake | Fresh fruit  platter | Roasted vegetable  parcel | Blueberry  muffins |
|  | **Breakfast**  Toasted bagel or cereal | | **Snack**  Breadsticks | |
| Tuesday | Pork & apple  Casserole with sage & onion dumplings  Vegetarian option  Vegetable 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 | Roast  Dinner  Vegetarian option  Quorn meat and gravy | Fresh fruit  platter | Ham muffins  Vegetarian option Cheese muffin | Fairy cakes |
|  | **Breakfast**  Crumpet or cereal | | **Snack**  Melba toast | |
| Friday | Sausage & Mushroom bake  Vegetarian option  Quorn sausage | Rice pudding  with 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 fry  Vegetarian option  Asian Vegetable stir fry | Courgette lime & coconut cake | Toasties  With a choice of white/brown bread and fillings | Orange polenta cake |
|  | **Breakfast**  Toasted bagel or cereal | | **Snack**  Veg sticks | |
| Tuesday | Beef bourguignonne  Vegetarian option  Quorn meat | semolina | Fishfinger wraps  With ketchup  Vegetarian option  Vegetable fingers | Fruit platter |
|  | **Breakfast**  Fresh fruit and natural yogurt or toast | | **Snack**  Cinnamon popcorn | |
| Wednesday | Sweet & sour pork  With rice  Vegetarian option  Quorn meat | Stewed fruit & custard | Pumpkin & coriander soup | Honey & ginger  biscuits |
|  | **Breakfast**  Toast or cereal | | **Snack**  Melba toast | |
| Thursday | Bubble & Squeak  With ham | Jam roly-poly  & custard | Cheesy garlic  flatbread | Fromage frais |
|  | **Breakfast**  Crumpet or cereal | | **Snack**  Cheese and veg sticks | |
| Friday | Sausage mash & onion gravy  Vegetarian option  Quorn sausage | Apple  Tart | Pate on toast | Fruit scone with jam |
|  | **Breakfast**  Toasted tea cake or cereal | | **Snack**  breadsticks | |

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