

Busy Buddies Daycare Spring to Summer Food Menu



Nursery Weekly Menu – Week 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetabix (or Cheerios) with milk	Porridge with banana	Weetabix (or Cheerios) with milk	Porridge with banana	Weetabix (or Cheerios) with milk
AM Snack	Fruit platter	Fruit platter	Fruit platter	Fruit platter	Fruit platter
Lunch	Main: Beef lasagna (vegetable lasagna) served with broccoli Pudding: Peaches and cream	Main: Cooks curry (vegetable, lentil, and chickpea) with brown rice Pudding: Tracy's tray bake	Main: BBQ roast chicken (or Quorn fillet) with roast potatoes, carrots, peas and gravy Pudding: Natural yogurt & fruit	Main: Ham and pea cheesy pasta bake Pudding: Homemade shortbread with orange segments	Main: Fish fingers (or fishless fingers) with mash potato, vegetables and spaghetti hoops Pudding: Fruit crumble
PM Snack	Rice cakes with banana	Cheese sticks with cucumber sticks	Cheese and crackers	Pita bread with homemade hummus	Homemade sweet potato and apple biscuits
Tea	Homemade pizza (options may vary: margarita, chicken, pepper)	Beans / spaghetti on wholemeal toast	Vegetable rice salad	Jacket potato with beans/cheese or 5 bean chilli	Wholemeal sandwiches with grated cheese, egg mayo, or tuna and cucumber served with pepper sticks

Nursery Weekly Menu – Week 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetabix (or Cheerios) with milk	Porridge with banana	Weetabix (or Cheerios) with milk	Porridge with apricots	Weetabix (or Cheerios) with milk
AM Snack	Fruit platter	Fruit platter	Fruit platter	Fruit platter	Fruit platter
Lunch	Main: Jacket potato with choice of cheese, baked beans or vegetarian chilli with mini side salad Pudding: Mini fruit Sunday	Main: Fish fingers (or fishless fingers) with new potatoes, peas and baked beans Pudding: Homemade welsh cakes and fruit	Main: Cottage Pie with hidden vegetable (or Quorn mince) and broccoli Pudding: Fruit and natural yogurt	Main: Butternut Squash and Chickpea Tagine served with cous cous Pudding: Homemade carrot cake	Main: Chicken Fajitas (Quorn fajitas) Pudding: Frozen yogurt ice lolly
PM Snack	Rice cakes with apple wedges	Pita bread sticks with homemade hummus	Cheese sticks with cucumber sticks	Toasted muffin with cream cheese and cucumber	Mini hardboiled egg salad
Tea	Chicken strips, carrot and potato waffles with spaghetti hoops	Homemade pizza	Pasta pot	Baked beans on wholemeal toast with spread	Selection of wraps with fruit selection

Nursery Weekly Menu – Week 3

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetabix (or Cheerios) with milk	Porridge with banana	Weetabix (or Cheerios) with milk	Porridge with apricots	Weetabix (or Cheerios) with milk
AM Snack	Fruit platter	Fruit platter	Fruit platter	Fruit platter	Fruit platter
Lunch	Main: 3 vegetable mac and cheese Pudding: Fruit crumble	Main: Sausage casserole (meat free sausage) with new potatoes and 2 vegetables Pudding: Homemade flapjack	Main: Beef bolognese (or Quorn mince) with garlic bread Pudding: Fruit and ice cream	Main: Chicken & chorizo jambalaya (wholegrain rice) (Quorn chicken & vegetable jambalaya) Pudding: Homemade banana loaf	Main: Fish fingers (or Fishless fingers), sautee potatoes, peas, sweetcorn and gravy Pudding: Fruit and sugar free jelly
PM Snack	Toasted crumpet with banana	Rice cakes and tzatziki	Cheese and pineapple with crackers	Ham and cheese pita pockets	Toasted bagel with vegetable spread/cream cheese and cucumber
Tea	Scrambled egg on wholemeal toast	Cottage pie and mixed veg	Cooks curry (chicken or vegetable) with rice and naan bread	Homemade pizza (options may vary margarita, chicken, pepper)	Ham and cheese pita pockets with carrot sticks