



*Buds that Blossom
Day Nursery*



Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Selection of cereals – Weetabix, Ready Brek, Shreddies, Rice Krispies and Toast				
Morning snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Lunch				
Summer vegetable risotto	Beef enchilada served with Mexican rice	Fish and chorizo stew served with cous cous	Ham, Pea and crème fraîche tagliatelle	Caribbean curried chicken served with rice
	Vegetable enchiladas served with Mexican rice	Vegetable stew served with cous cous	Pea and crème fraîche tagliatelle	Caribbean curried vegetables served with rice
Pudding				
Fresh fruit salad	Yoghurt	Jelly	Pear and blackberry oat crumble with cream	Yoghurt
Afternoon Snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Afternoon Tea				
Spanish Tortilla served with vegetable sticks	Cheesy pasta	Roasted new potato with red onion and bacon	Vegetable Biryani	Pizza swirls served with homemade potato wedges
		Roasted new potato with red onion and pepper		
Pudding				
Melon	Three ingredient Banana, oat and raisin cookie	Banana	Strawberries	Pineapple



*Buds that Blossom
Day Nursery*



Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Selection of cereals – Weetabix, Ready Brek, Shreddies, Rice Krispies and Toast				
Morning snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Lunch				
Fish pie served with broccoli	Pork ragu with tagliatelle	Sausage Plait served with new potatoes and beans	Spanish style chicken served with cous cous	Tomato and Vegetable Gnocchi
Vegetable pie served with broccoli	Vegetable tagliatelle	Vegetarian sausage Plait served with new potatoes and beans	Spanish style Vegetable and pulses served with cous cous	
Pudding				
Yoghurt	Banana Whip	Fruit salad	Yogurt	Strawberries and cream
Afternoon Snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Afternoon Tea				
Patatas' Bravas	Daal with naan	Mexican Quinoa	Stir fried vegetables with soy noodles	Cheese and onion Muffins served with homemade wedges and vegetable sticks
Pudding				
Grapes and plum	Melon	Banana	Pineapple	Brownies



*Buds that Blossom
Day Nursery*



Week 3				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Selection of cereals – Weetabix, Ready Brek, Shreddies, Rice Krispies and Toast				
Morning snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Lunch				
Chilli con carne served with wedges and sour cream	Salmon and broccoli linguine served with garlic bread	Creamy Cajun chicken baked in the oven with rice and vegetables	Vegetable & lentil Dhansak served with rice and naan bread	Pork and apple casserole served with potato and seasonal vegetables
Vegetable con carne served with wedges and sour cream	Vegetable Linguine served with garlic bread	Creamy Cajun vegetables baked in the oven with rice		Vegetable casserole served with potato and seasonal vegetables
Pudding				
Peach fool	Ice Cream	Yoghurt	Fruit salad	Yoghurt
Selection of fresh fruit, vegetable sticks and savoury treats				
Afternoon Tea				
Vegetable orzo	Cheese and Tomato quesadilla served with vegetable sticks	Spaghetti on Toast	Moroccan Cous cous	Neapolitan Pasta
Pudding				
Pineapple	Melon	Strawberries	Flap jack	Banana



*Buds that Blossom
Day Nursery*



Week 4				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Selection of cereals – Weetabix, Ready Brek, Shreddies, Rice Krispies and Toast				
Morning snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Lunch				
Lamb tagine served with cous cous	Chicken and chorizo Paella	Penne in a cheesy, mushroom and garlic sauce Served with garlic bread	Thai fish curry served with rice	Chicken and leek pie served with new potatoes and seasonal vegetables
Vegetable tagine served with cous cous	Vegetable and butterbean Paella		Thai vegetable curry served with rice	Vegetable pie served with new potatoes and seasonal vegetables
Pudding				
Yoghurt	Summer berry Fruit fool	Yoghurt	Strawberry Whip	Fruit Salad
Afternoon Snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Afternoon Tea				
Beans on toast	Omelette Muffins served roasted new potatoes	Tomato Bulgur Pilaf	Pasta Salad	Mediterranean vegetable cous cous
Pudding				
Bananas	Strawberries	Apple cake	Melon	Pineapple