



*Buds that Blossom
Day Nursery*



Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Selection of cereals – Weetabix, Ready Brek, cornflakes, Rice Krispies and Toast				
Morning snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Lunch				
Vegetable risotto	Fish pie and vegetables	Lamb and spring vegetable Pilaf	Ham, spinach and garlic tomato pasta	Chilli served with wedges
	Vegetable pie	Spring vegetable pilaf	Spinach and garlic tomato pasta	Vegetable chilli served with wedges
Pudding				
Yoghurt	Fruit salad	Peaches and cream	Yoghurt	Ice cream
Afternoon Snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Afternoon Tea				
Tomato, mascarpone and basil Pasta	Pizza and veg Sticks	Lentil dahl served with naan bread	Jacket potatoes with tuna, sweetcorn and crème fraiche	Scrambled eggs and homemade Toast
			Jacket potatoes, sweetcorn and crème fraiche	
Pudding				
Melon	Banana, oat cake	Oranges	Pineapple	Apple and Pear



*Buds that Blossom
Day Nursery*



Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Selection of cereals – Weetabix, Ready Brek, cornflakes, Rice Krispies and Toast				
Morning snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Lunch				
Baked Cod with Tomato and Courgette Orzotto	1 Pot mediterranean chicken stew	Mac and Butternut Squash Cheese	Sausage plait, baby potatoes and baked beans	Nigerian beef stew with rice
Tomato and Courgette Orzotto	1 Pot vegetable mediterranean stew		Cheese plait, baby potatoes and baked beans	Vegetarian Nigerian stew with rice
Pudding				
Strawberry whip	Peaches and cream	Yoghurt	Banana custard	yoghurt
Afternoon Snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Afternoon Tea				
Potato and roasted vegetable	Savoury Rice	Frittata with Potato Salad	Tuna pasta	Vegetable chilli with Tortilla
			Tomato pasta	
Pudding				
Apple	Pineapple	Melon	Orange	Banana oat cake



*Buds that Blossom
Day Nursery*



Week 3				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Selection of cereals – Weetabix, Ready Brek, cornflakes, Rice Krispies and Toast				
Morning snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Lunch				
Orzo with butternut squash and Spinach	Roast gammon, potatoes and vegetable	Pasta carbonara	Chicken tagine served with Couscous	Tropical Coconut fish stew with rice
	Vegetarian roast, Potatoes and vegetable	Vegetarian carbonara	Vegetable tagine served with Couscous	Tropical Coconut vegetable Stew with rice
Pudding				
Peaches and cream	Yoghurt	Jelly	Yoghurt	Fruit crumble
Selection of fresh fruit, vegetable sticks and savoury treats				
Afternoon Tea				
Jacket potato with beans and cheese	Saag aloo	Mexican couscous	Vegetable noodles	Greek orzo with tomato sauce
Pudding				
Pineapple	Oranges	Apple	Banana and Oat Cookies	Melon



Week 4				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Selection of cereals – Weetabix, Ready Brek, cornflakes, Rice Krispies and Toast				
Morning snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Lunch				
Turkey meatballs in cream sauce with baby potatoes and vegetables	Garlicky pork ragu and pasta	Cod and chorizo jambalaya	African sweet Potato Stew with couscous	Chicken tikka masala with rice
Meat alternative in cream sauce with baby potatoes and vegetables	Garlicky ragu and pasta	Vegetable jambalaya		Vegetarian tikka masala with rice
Bananas and vanilla sauce	Yoghurt	Strawberry and cream	Yoghurt	Fruit salad
Afternoon Snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Afternoon Tea				
Wraps with chefs choice of filling served with Veg Sticks	Cauliflower shawarma and naan	Green Bean and lemon pasta	Omelette popovers with potato salad	Cheesy beans on toast
Pudding				
Banana	Melon	3 ingredient banana bread	Pears	Oranges