



*Buds that Blossom
Day Nursery*



Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Selection of cereals – Weetabix, Ready Brek, Shreddies, Rice Krispies, multi grain hoops and Toast				
Morning snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Lunch				
Pasta Carbonara	Fish Crumble with Vegetables	Surbiyaan Lamb Curry with Rice	Roast Chicken with Potatoes and Vegetables	Hungarian Ratatouille with Couscous
Vegetarian Pasta Carbonara	Vegetable and Bean Crumble	Lentil Curry with Rice	Vegetarian Roast with Potatoes and Vegetable	
Pudding				
Yoghurt	Fruit Salad	Yoghurt	Ice Cream	Apple Crumble and Custard
Afternoon Snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Afternoon Tea				
Cheese and Tuna Wraps	Pizza and Veg Sticks	Broccoli and Cauliflower Pasta	New potato with roasted pepper and red onion	Scrambled Eggs with Toast
Pudding				
Melon	Lemon Sponge	Banana	Pineapple	Orange



Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Selection of cereals – Weetabix, Ready Brek, Shreddies, Rice Krispies, multi grain hoops and Toast				
Morning snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Lunch				
Baked Cod with Tomato and Courgette Risotto	Garlic and Herb Chicken with Vegetable Couscous	Lentil and Vegetable Bolognaise with Pasta	Sausage Plait with new Potatoes and Vegetables	Beef and Red Pepper Biryani
Tomato and Courgette Risotto	Garlic and Herb vegan meat alternative with Vegetable Couscous		Vegan sausage with new potato and vegetables	Red Pepper Biryani
Pudding				
Strawberry and cream	Yoghurt	Bananas and Custard	Yoghurt	Chocolate Whip
Afternoon Snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Afternoon Tea				
Spiced Carrot and Lentil Soup with Homemade Bread	Bean and Vegetable Chilli with Tortilla	Vegetable Muffins and Wedges	Tuna Pasta	Tabbouleh, Pea Hummus and Pitta
			Vegetable Pasta	
Pudding				
Orange	Pineapple	Melon	Cookies	Banana



Week 3				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Selection of cereals – Weetabix, Ready Brek, Shreddies, Rice Krispies, multi grain hoops and Toast				
Morning snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Lunch				
Vegetable Cobbler	Lamb Tagine with Couscous	Chefs Roast, Potatoes and Vegetables	Lemon Salmon Linguini	Chicken Tikka Masala With Rice
	Vegetable Tagine with couscous	Vegan meal alternative Potatoes and Vegetables	Vegetable Linguini	Vegetable Tikka Masala with Rice
Pudding				
Stewed Fruit and Custard	Yoghurt	Fruit Salad	Yoghurt	Jelly
Selection of fresh fruit, vegetable sticks and savoury treats				
Afternoon Tea				
Tomato, Basil and Mascarpone Pasta	Jacket potatoes	Savoury Rice	Spaghetti on Toast	Crumpet Pizza with Veg Sticks
Pudding				
Pineapple	orange	Chocolate Sponge	Banana	Melon



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Week 4				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Selection of cereals – Weetabix, Ready Brek, Shreddies, Rice Krispies, multi grain hoops and Toast				
Morning snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Lunch				
Nigerian Beef Stew with Couscous	Thai Vegetable Curry with Noodle	Chicken and Chorizo Jambalaya	Turkey, Mushroom and Cream Pasta	Fish in Parsley Sauce with New Potatoes and Vegetables
Nigerian Vegetable Stew with Couscous		Vegetable Jambalaya	Mushroom and cream Pasta	Vegetables in Parsley Sauce with New Potatoes and Vegetables
Bananas and Vanilla Sauce	Strawberry and cream	Yoghurt	Fruit Salad	Yoghurt
Afternoon Snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Afternoon Tea				
Cheesy Beans on Toast	Frittata and Potato Salad	Tomato and Red Pepper Soup with Homemade Bread Rolls	Coconut Dahl and Naan	Orzo and Vegetable Salad
Pudding				
Orange	Banana	pineapple	Melon	Cinnamon Apple Sponge