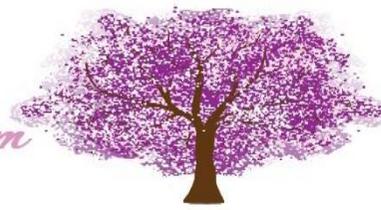




*Buds that Blossom  
Day Nursery*



Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>				
Selection of cereals – Weetabix, Ready Brek, shreddies, rice crispies and Toast				
<b>Morning snack</b>				
Selection of fresh fruit, vegetable sticks and savoury treats				
<b>Lunch</b>				
Mexican chicken served with rice and tortilla	Tuna pasta bake served with garlic bread	Roast gammon and potatoes served with seasonal vegetable	Beef and sweet potato pie	Lentil and cauliflower curry served with Naan bread
Mexican vegetables served with rice and tortilla	Vegetable pasta served with garlic bread	Vegetarian roast and potatoes served with seasonal vegetable	Sweet potato and vegetable pie	
<b>Afternoon Snack</b>				
Selection of fresh fruit, vegetable sticks and savoury treats				
<b>Afternoon Tea</b>				
Cauliflower cheese	Chefs homemade seasonal soup served with bread	Vegetable noodles	Vegetable orzo	Beans on toast
<b>Pudding</b>				
Melon	Oat cookie	Banana	Orange	Pineapple



Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>				
Selection of cereals – Weetabix, Ready Brek, shreddie, rice crispies and Toast				
<b>Morning snack</b>				
Selection of fresh fruit, vegetable sticks and savoury treats				
<b>Lunch</b>				
Goan fish curry served with rice	Lamb & vegetable stew served with potatoes	Meatballs baked in tomato and vegetable sauce served with orzo	Butternut squash Risotto	Jerk chicken, rice and peas
Goan vegetable curry served with rice	Vegetable stew served with potatoes	Vegetable meatballs baked in tomato and vegetable sauce served with orzo		Jerk Quorn rice and pea
<b>Pudding</b>				
Peaches & cream	Yoghurt	Banana and custard	Yoghurt	Fruit crumble & custard
<b>Afternoon Snack</b>				
Selection of fresh fruit, vegetable sticks and savoury treats				
<b>Afternoon Tea</b>				
Potato wedges, cheese and baked beans	Mexican rice	Spaghetti on toast	Leek and sweet potato soup served with bread	Dahl and naan bread
<b>Pudding</b>				
Pineapple	Melon	Raisin cake	Banana	Orange



*Buds that Blossom  
Day Nursery*



Week 3				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>				
Selection of cereals – Weetabix, Ready Brek, shreddiees, rice crispies and Toast				
<b>Morning snack</b>				
Selection of fresh fruit, vegetable sticks and savoury treats				
<b>Lunch</b>				
Macaroni cheese	Roast Chicken and potatoes served with seasonal vegetable	Chilli con carne served with rice and sour cream	Mediterranean fish served with cous cous	Bacon, sweet potato and lentil stew
	Vegetarian roast and potatoes served with seasonal vegetable	Vegetable chilli con carne served with rice and sour cream	Mediterranean vegetables served with cous cous	Sweet potato and lentil stew
<b>Pudding</b>				
Banana and custard	Peaches and cream	Yoghurt	Rice Pudding	Yoghurt
<b>Afternoon Snack</b>				
Selection of fresh fruit, vegetable sticks and savoury treats				
<b>Afternoon Tea</b>				
Bombay Potato	Spaghetti Neapolitan	Chefs homemade seasonal soup served with bread	Roasted new potato, red onion and bacon	Scrambled egg on toast
			Roasted new potato, red onion and pepper	
<b>Pudding</b>				
Orange	Pineapple	Melon	Cherry cookie	Banana



Week 4				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>				
Selection of cereals – Weetabix, Ready Brek, shreddies, rice crispies and Toast				
<b>Morning snack</b>				
Selection of fresh fruit, vegetable sticks and savoury treats				
<b>Lunch</b>				
Stir fry duck and vegetable noodles in a black bean sauce	Chickpea, kale and butternut squash curry served with rice	One pot chicken casserole with seasonal vegetables	Spaghetti Bolognese served with garlic bread	Salmon and green bean risotto
Stir fry vegetable noodles in a black bean sauce		One pot casserole with seasonal vegetables	Spaghetti Neapolitan served with garlic bread	Green bean Risotto
<b>Pudding</b>				
Yoghurt	Fruit crumble and cream	Peaches and cream	Yoghurt	Banana & custard
<b>Afternoon Snack</b>				
Selection of fresh fruit, vegetable sticks and savoury treats				
<b>Afternoon Tea</b>				
Vegetable cous cous served with pita bread	Creamy pasta	Homemade Sausage roll served with baked beans	Pizza served with vegetable sticks	Carrot and lentil soup served with bread
		Homemade cheese roll served with baked beans		
<b>Pudding</b>				
Banana	Orange	Pineapple	Melon	Banana bread