



*Buds that Blossom
Day Nursery*



Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Selection of cereals – Weetabix, Ready Brek, Corn Flakes, Rice Krispies and Toast				
Morning snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Lunch				
Pork ragu & potato served with Seasonal greens	Butternut squash and sage Risotto	Roast chicken, potatoes and seasonal vegetables	Bolognaise bake served with garlic bread	Thai salmon and pineapple curry with coconut rice
Lentil ragu & potato served with seasonal greens		Plant based roast, potato and seasonal vegetables	Plant based mince bolognaise bake served with garlic bread	Vegetable and pineapple curry with coconut rice
Pudding				
Yoghurt	Peaches and cream	yoghurt	Vanilla rice pudding	Fruit salad
Afternoon Snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Afternoon Tea				
Bombay potatoes	Stir fry vegetables with noodles	Carrot and coriander soup with bread rolls	Jacket potato with cream cheese and chive and vegetable sticks	Scrambled egg and toast
Pudding				
Melon	Three ingredient banana cookies	Oranges	Pineapple	Apples



Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Selection of cereals – Weetabix, Ready Brek, Corn Flakes, Rice Krispies and Toast				
Morning snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Lunch				
Sweet potato, spinach and chickpea curry served with rice	Beef, and vegetable stew with herbie dumplings	Fish Paella	Bacon, sweet potato and lentil stew	Chicken and leek pie seasonal vegetables
	Vegetable stew with herbie dumplings	Vegetable Paella	Sweet potato and lentil stew	Vegetable pie served with seasonal veg
Pudding				
Fruit crumble topped with roasted oats	Yoghurt	Banana & custard	Coco rice pudding	Yoghurt
Afternoon Snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Afternoon Tea				
Chefs soup and Bread	Cheesie crumpets with pepper and cucumber	Roast vegetable and red lentil pasta	Jaloff rice	Tomato and pepper roasted potatoes
Pudding				
Pineapple	Apples	Melon	Three ingredient banana cookies	Oranges



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Week 3				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Selection of cereals – Weetabix, Ready Brek, Corn Flakes, Rice Krispies and Toast				
Morning snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Lunch				
Caribbean fish curry served with rice	Roast gammon, potato and vegetables	Vegetable and lentil lasagne	Spanish style chicken served with cous cous	Cottage pie served with seasonal vegetables
Caribbean vegetable curry with rice	Vegan sausages, potato and seasonal vegetables		Mediterranean vegetables served with cous cous	Vegan cottage pie served with seasonal vegetables
Pudding				
Yoghurt	Fruit salad	Rice pudding with jam	Peaches and cream	yoghurt
Selection of fresh fruit, vegetable sticks and savoury treats				
Afternoon Tea				
Spaghetti neapolitan	Corn and bacon chowder and bread	Vegetable biriyani	Beans on toast	Roasted winter Vegetables orzo
Pudding				
Oranges	Pineapple	Apples	Three ingredient banana cookies	Melon



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Week 4				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Selection of cereals – Weetabix, Ready Brek, Corn Flakes, Rice Krispies and Toast				
Morning snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Lunch				
1 Pot lamb casserole	Jerk chicken served with rice and peas	Asian inspired pork mince served with noodles	Vegetable and chickpea tagine with cous cous	Mexican enchilada stack served with rice
1 Pot vegetable casserole	Plant based jerk served with rice and peas	Stir fry vegetable noodles		Meatless enchilada served with rice
Fruit salad	Yoghurt	Banana whip	Yoghurt	Peaches and cream
Afternoon Snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Afternoon Tea				
Potato wedges with bacon and red peppers	Apple, parsnip and butterbean soup with bread	Lentil dahl with naan bread	Tuna and sweetcorn pasta	Cauliflower & broccoli cheese
Potato wedges with red peppers				
Pudding				
Three ingredient banana cookies	Oranges	Pineapple	Apples	Melon