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| --- | --- | --- | --- | --- | --- |
| **Meal** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast 7:30-9am** | **Selection of cereals, toast & yoghurts.** | **Selection of cereals, toast & yoghurts.** | **Selection of cereals, toast & yoghurts.** | **Selection of cereals, toast & yoghurts.** | **Selection of cereals, toast & yoghurts.** |
| **AM Snack** | **Variety of Fruit with Crackers, Rice Cakes or Biscuits** | **Variety of Fruit with Crackers, Rice Cakes or Biscuits** | **Variety of Fruit with Crackers, Rice Cakes or Biscuits** | **Variety of Fruit with Crackers, Rice Cakes or Biscuits** | **Variety of Fruit with Crackers, Rice Cakes or Biscuits** |
| **Lunch 11:30am** | **Spaghetti Bolognaise with cheese and garlic bread** | **Chicken nuggets, chips and peas** | **Meat Lasagne** | **Fish Pie with Broccoli** | **Pastry pizza and salad** |
| **Dessert** | **Strawberry Delight** | **Chocolate Cake and Cream** | **Ice Cream and Wafers** | **Strawberries and Yoghurt** | **Apple Crumble and Custard** |
| **PM Snack** | **Variety of Fruit with Crackers, Rice Cakes or Biscuits** | **Variety of Fruit with Crackers, Rice Cakes or Biscuits** | **Variety of Fruit with Crackers, Rice Cakes or Biscuits** | **Variety of Fruit with Crackers, Rice Cakes or Biscuits** | **Variety of Fruit with Crackers, Rice Cakes or Biscuits** |
| **Afternoon Tea 3pm** | **Cheesy crumpets and veg sticks** | **Beans on toast** | **Selection of sandwiches and veg sticks** | **Waffles and spaghetti hoops** | **Selection of wraps with salad** |
| **Dessert** | **Watermelon Slices** | **Sultana Flapjack** | **Fromage Frais** | **Mango Slices** | **Iced Buns** |

**Tiny Stars Day Nursery Weekly Menu – Week 1**

**ALL ALLERGIES AND DIETARY REQUIREMENTS CATERED FOR**