

Elephant & Castle Day Nursery

MENU - Week 1

<u>Time</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8.00-9.00 am <u>BREAKFAST</u>	<u>Cereal Selection</u> with Milk(Cornflakes, Rice Krispies, Oats, Weetabix)	<u>Wholemeal or White Bread</u> with Butter and Milk Shake	<u>Cereal Selection</u> with Milk(Cornflakes, Rice Krispies, Oats, Weetabix)	<u>White and Wholemeal Toast</u> with Butter and Milk Shake	<u>Cereal Selection</u> with Milk(Cornflakes, Rice Krispies, Oats, Weetabix)
12:00 – 1:00 pm <u>LUNCH</u>	<u>Chickpea and spinach curry</u> Served with cous cous and <u>Seasonal Selection of Fresh Fruits:</u> (Bananas, Apples, Pears, Oranges, Strawberries, Satsumas etc) *Drink of Water	<u>Sardines in tomato and vegetable sauce</u> Served with pasta and <u>Seasonal Selection of Fresh Fruits:</u> (Bananas, Apples, Pears, Oranges, Strawberries, satsumas) *Drink of Water	<u>Lentil and vegetable stew</u> Served with rice and <u>Seasonal Selection of Fresh Fruits:</u> (Bananas, Apples, Pears, Oranges, Strawberries, satsumas) *Drink of Water	<u>Spinach pasta bake</u> and <u>Seasonal Selection of Fresh Fruits:</u> (Bananas, Apples, Pears, Oranges, Strawberries, Satsumas etc) *Drink of Water	<u>Chilli con carne</u> Served with rice and <u>Seasonal Selection of Fresh Fruits:</u> (Bananas, Apples, Pears, Oranges, Strawberries, Satsumas etc) *Drink of Water
3:00 – 3:30 pm <u>MID-AFTERNOON SNACK</u>	<u>Hummus</u> A creamy dip served with breadstick or pitta bread, cheese and tomato <u>Alternative</u> Warm semolina pudding on it's own or with honey or jam *Drink of Water	<u>Assorted sandwiches</u> (Assorted sandwiches including any of the following ingredients: turkey roll, cheese, tomato, butter, jam, tuna). <u>Alternative</u> Warm oat porridge with diced banana *Drink of Water	<u>Warm Semolina pudding</u> <u>Alternative</u> Warm oat porridge with grated apple *Drink of Water	<u>Warm rice pudding</u> <u>Alternative</u> Fresh fruit *Drink of Water	<u>Cake and custard</u> <u>Alternative</u> Fresh fruit *Drink of Water