

## Elephant & Castle Day Nursery

### MENU - Week 2

<u>Time</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8.00-9.00 am  <b><u>BREAKFAST</u></b>	<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  <b><u>LUNCH</u></b>	<u>Special fried rice</u>  and <u>Seasonal Selection of Fresh Fruits:</u> (Bananas, Apples, Pears, Oranges, Strawberries, Satsumas etc)  *Drink of Water	<u>Fish stew in tomato sauce</u> with couscous  and <u>Seasonal Selection of Fresh Fruits:</u> (Bananas, Apples, Pears, Oranges, Strawberries, satsumas)  *Drink of Water	<u>Chicken and vegetable noodle soup</u> Served with bread and butter  and <u>Seasonal Selection of Fresh Fruits:</u> (Bananas, Apples, Pears, Oranges, Strawberries, satsumas)  *Drink of Water	<u>Spaghetti Bolognaise</u>  and <u>Seasonal Selection of Fresh Fruits:</u> (Bananas, Apples, Pears, Oranges, Strawberries, Satsumas etc)  *Drink of Water	<u>Fish fingers</u> Served with mashed potato boiled vegetables  and <u>Seasonal Selection of Fresh Fruits:</u> (Bananas, Apples, Pears, Oranges, Strawberries, Satsumas etc)  *Drink of Water
3:00 – 3:30 pm  <b><u>MID-AFTERNOON SNACK</u></b>	<u>Warm semolina pudding</u>  <u>Alternative</u> Fresh fruit  *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 semolina pudding on its own or with honey or jam  *Drink of Water	<u>Warm custard with banana</u>  <u>Alternative</u> Warm oat porridge with diced or mashed banana or grated apple  *Drink of Water	<u>Warm apple crumble</u>  <u>Alternative</u> Fresh fruit  *Drink of Water	<u>Warm oat porridge</u> With diced or mashed banana or grated apple  <u>Alternative</u> Fresh fruit  *Drink of Water