

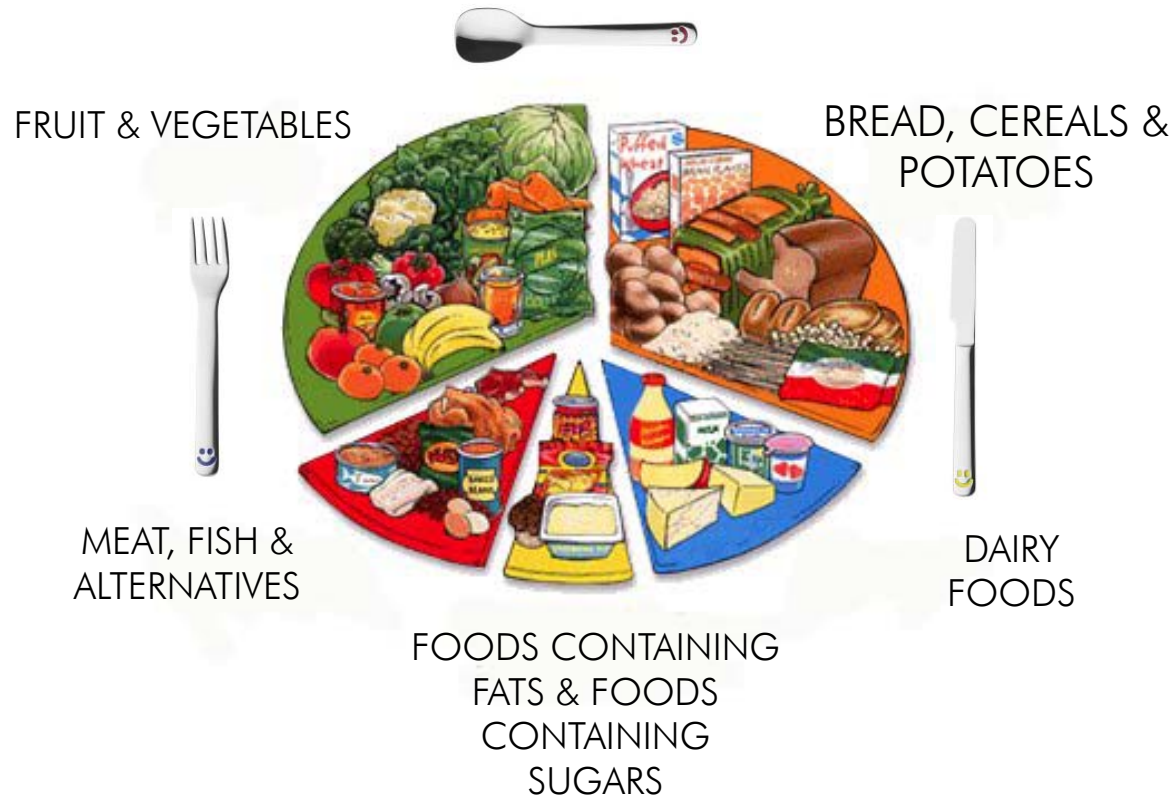


# Summer Menu June - October (inclusive)

Daily menu for children in Family Group, Pre-school & Satellites Playsafe Club



MEALS INCLUDE FOODS FROM EACH OF THE FIVE MAIN FOOD GROUPS



Dear Parents and Guardians,

All meals are nutritious, varied and freshly cooked each day in the nursery kitchen by our qualified cooks. We cater for all children's individual dietary requirements, including milk type. We limit the sugar content and do not add salt to any of our meals. Fresh fruit is always available as an alternative dessert.

Tea at nursery is served between 3.30pm - 4pm. It is a 'High tea' and as such is not intended to be the last meal of the day.



# Summer Menu June - October (inclusive)

Daily menu for children in Family Group, Pre-school & Satellites Playsafe Club



Week: One Day: Monday



**Breakfast**

- Selection of cereals with milk
- Wholemeal toast with Flora and / or strawberry or apricot jam
- Apple Juice / Water

**Snacks / Drinks**

Morning:

- Cornish wafers / Cream Crackers / Hovis biscuits served plain or with Flora, Marmite or Dairylea cheese spread
- Milk

- Tuna and cheese pasta bake with sweet corn and peas

Vegetarian option:

- Cheese pasta bake with sweet corn and peas

Dessert:

- Choc ice

Drink:

- Water

**Lunch**

- Toasted muffins with strawberry or apricot jam
- Fresh fruit platter

Vegetarian option:

- Toasted muffins with strawberry or apricot jam
- Fresh fruit platter

Drink:

- A choice of milk / apple juice / water

**Tea**





# Summer Menu June - October (inclusive)

Daily menu for children in Family Group, Pre-school & Satellites Playsafe Club



Week: One Day: Tuesday



**Breakfast**

- Selection of cereals with milk
- Wholemeal toast with Flora and / or strawberry or apricot jam
- Variety of fresh fruit
- Apple Juice / Water

**Snacks / Drinks**

Morning:

- Fresh fruit platter
- Milk



• Ploughman's lunch - sliced ham / cheese, sweet pickle, beetroot and salad with a slice of baguette bread

Vegetarian option:

- Cheese Ploughman's lunch - sliced cheese, sweet pickle, beetroot and salad with a slice of baguette bread

Dessert:

- Sponge cake with sultanas & raisins

Drink:

- Water

**Lunch**

• Baked beans on toast

- Fresh fruit platter

Vegetarian option:

- Baked beans on toast
- Fresh fruit platter

Drink:

- A choice of milk / apple juice / water

**Tea**





# Summer Menu June - October (inclusive)

Daily menu for children in Family Group, Pre-school & Satellites Playsafe Club



Week: One Day: Wednesday



**Breakfast**

- Selection of cereals with milk
- Wholemeal toast with Flora and / or strawberry or apricot jam
- Variety of fresh fruit
- Apple Juice / Water

**Snacks / Drinks**

Morning:

- Fresh fruit platter
- Milk

- Beef lasagne verde with broccoli, carrots and tomatoes

Vegetarian option:

- Vegetarian mince lasagne verde with broccoli, carrots and tomatoes

Dessert:

- Raspberry Angel Delight

Drink:

- Water

**Lunch**

- Selection of sandwiches - Marmite, Dairylea cheese, strawberry / apricot jam, served with plain crisps
- Fromage Frais

Vegetarian option:

- Selection of sandwiches - Marmite, Dairylea cheese, strawberry / apricot jam, served with plain crisps
- Fromage Frais

Drink:

- A choice of milk / apple juice / water

**Tea**





# Summer Menu June - October (inclusive)

Daily menu for children in Family Group, Pre-school & Satellites Playsafe Club



Week: One Day: Thursday



**Breakfast**

- Selection of cereals with milk
- Wholemeal toast with Flora and / or strawberry or apricot jam
- Variety of fresh fruit
- Apple Juice / Water

**Snacks / Drinks**

Morning:

- Cherry tomatoes with cucumber / celery sticks
- Milk

- Chicken - baked in the oven with new potatoes, carrots and sweet corn

Vegetarian option:

- Quorn fillets with new potatoes, carrots and sweet corn

Dessert:

- Fresh fruit platter of bananas, pears and oranges

Drink:

- Water

**Lunch**

- Wholemeal toast with slices of mild cheddar cheese and tomatoes
- Farmhouse cake

Vegetarian option:

- Wholemeal toast with slices of mild cheddar cheese and tomatoes
- Farmhouse cake

Drink:

- A choice of milk / apple juice / water

**Tea**





# Summer Menu June - October (inclusive)

Daily menu for children in Family Group, Pre-school & Satellites Playsafe Club



Week: One Day: Friday



**Breakfast**

- Selection of cereals with milk
- Wholemeal toast with Flora and / or strawberry or apricot jam
- Variety of fresh fruit
- Apple Juice / Water

**Snacks / Drinks**

Morning:

- Fresh fruit platter
- Milk

**Lunch**

- Tuna fish, salad and new potatoes

Vegetarian option:

- Egg, salad and new potatoes

Dessert:

- Strawberry and kiwi topped cheesecake

Drink:

- Water

**Tea**

- Wholemeal pitta bread with sliced chicken or cheese and freshly made coleslaw
- Walls mini milk frozen lolly

Vegetarian option:

- Wholemeal pitta bread with sliced chicken or cheese and freshly made coleslaw
- Walls mini milk frozen lolly

Drink:

- A choice of milk / apple juice / water

