

Happy Treasures Day Nursery Menu – Week 1

Please note that as all our meals are prepared daily on site from fresh produce, we may need to alter the menu from time to time in order to avoid waste. If there has been a change to the menu, parents will be informed during feedback. Parents are welcome to bring additional supplements such as yoghurt to add their child's meal.

	Breakfast	Morning Snack	Lunch	Dessert	Tea (late afternoon snack)
Monday	A selection of breakfast cereals (Weetabix, Porridge oats, Rice crispies or Cornflakes) or Toast with milk or water	Breadsticks and Hummus	Chick peas and sweet potato curry with mixed vegetables, served with basmati rice	A selection of fresh Fruit Salad	Scrambled eggs on toast
Tuesday	A selection of breakfast cereals (Weetabix, Porridge oats, Rice crispies or Cornflakes) or Toast with milk or water	Toasted crumpets with a thin spread, served with milk or water	Beef Bolognese with spaghetti and garlic bread or Red lentil Bolognese with spaghetti and garlic bread	A selection of fresh Fruit Salad	Pitta bread fingers and veg sticks with guacamole
Wednesday	A selection of breakfast cereals (Weetabix, Porridge oats, Rice crispies or Cornflakes) or Toast with milk or water	Rice cakes with a thin spread, served with milk or water	Jollof rice, chicken and steamed vegetables Vegetarian: Jollof rice, kidney beans steamed vegetables	A selection of fresh Fruit Salad	Baked beans (reduced sugar) on toast
Thursday	A selection of breakfast cereals (Weetabix, Porridge oats, Rice crispies or Cornflakes) or Toast with milk or water	Toasted English muffin with a thin spread, served with milk or water	Jacket potato with tuna and sweetcorn or broccoli and cream cheese	A selection of fresh Fruit Salad	Chicken or cheese sandwich
Friday	A selection of breakfast cereals (Weetabix, Porridge oats, Rice crispies or Cornflakes) or Toast with milk or water	Warm pitta bread fingers with a dip	Mixed bean and Vegetable casserole with Cous Cous	A selection of fresh Fruit Salad	Warm pancakes with banana

