

Number 9

The Nursery



January week 4	Monday 27 th	Tuesday 28 th	Wednesday 29 th	Thursday 30 th	Friday 31 st
Breakfast	Choice of whole grain cereal, toasted wholemeal bread and Porridge Fresh water and fruit juice				
Snack	<u>A.M</u> Breadsticks and Hummus	<u>A.M</u> Crackers with Cheese and Cucumbers	<u>A.M</u> Fromage Frais	<u>A.M</u> Sandwiches with a selection of spreads	<u>A.M</u> Rice Cakes
	<u>P.M</u> Fruit selection	<u>P.M</u> Fruit selection	<u>P.M</u> Fruit selection	<u>P.M</u> Fruit Selection	<u>P.M</u> Fruit Selection
Lunch	Fruity vegetable curry with chickpeas served with basmati rice	Mango chicken with carrots and sweetcorn served with couscous	Hungarian beef goulash with butter beans Served with diced potatoes	Chicken Katsu with peppers served with basmati rice	Beef bolognaise with hidden veggies served with penne pasta
	Fruity vegetable curry with chickpeas served with basmati rice	Cannellini beans in a mango sauce with carrots and sweetcorn served with couscous	Hungarian goulash with butter beans served with diced potatoes	Vegetarian Katsu with red lentils, peppers served with basmati rice	Vegetarian bolognaise with hidden veggies served with penne pasta
Pudding	Oat and Raisin Slice	Fruit Yogurt	Fresh Orange	Cranberry flapjacks with rice crispies	Carrot and apple spice cake
Tea	Tomato Soup and Roll	Vegetable Rice With Cucumber batons	Cheese and Tomato Sandwiches	Spaghetti Hoops on wholemeal toast	Vegetable Noodles
	Fruit Salad	Gingerbread biscuits	Melon Chunks	Greek style yogurt with honey (for children over 12 months)	Shortbread Slices