



# Shining futures Nursery 's Spring Menu 1

week commencing Date :	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Breakfast</b></p>	Selection of Cereal Weetabix/porridge & Toast	Selection of Cereal Weetabix/porridge & Toast	Selection of Cereal Weetabix/porridge & Toast	Selection of Cereal Weetabix/porridge & Toast	Selection of Cereal Weetabix/porridge & Toast
<b>Am snack</b>	Apple & vegetable sticks	Orange & banana plate	Tomato, bell pepper	Selection of Fruits & Bread Sticks	Selection of Fruits
 <p><b>Lunch</b></p>	Baked Fish with seasonal celery and roast potato <b>Desserts :</b> homemade carrot cake	Chicken stew with vegetable cous cous <b>Desserts :</b> Homemade Semolina	Cheese macaroni pasta with cauliflower <b>Desserts :</b> fresh banana with Greek yogurt	Chicken curry with boiled veg and rice <b>Desserts :</b> Fruit salad	Vegetable and Lentil Lasagne <b>Desserts :</b> homemade vanilla pudding
<b>Vegetarian option</b>	Chickpeas curry with celery and roast potato	Vegetable stew With cous cous	As above	Vegetable/beans curry and rice	As above
<b>Pm snack</b>	Bread sticks and cucumber sticks	Selection of Fruits & Cream Cracker,	Butter popcorn	Selection of Fruits & bread sticks	Fruits & vegetable sticks
<b>Tea</b>	Melt cheese on toast with side tomato	Tuna/sweetcorn sandwich	Homemade spinach yogurt soup/roll	Cheese and tomato Mini pizza	Beans on toast with cucumber
<b>Vegetarian option</b>	As above	Mashed beans pesto/sweetcorn	As above	As above	As above

Every effort will be made to ensure that the dietary needs of all our children are met and those children with allergies and preferences are given a meal as similar as possible to the menu. All food is made fresh within the nursery everyday