




Shining futures Nursery's Spring Menu 2

week commencing Date :	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 	Selection of Cereal /wheetabix/porridge & Toast	Selection of Cereal /wheetabix/porridge & Toast	Selection of Cereal /wheetabix/porridge & Toast	Selection of Cereal /wheetabix/porridge & Toast	Selection of Cereal /wheetabix/porridge & Toast
Am Snack	Rice cakes&apple slice	Pitta bread fingers&cheese	Fruit smoothie	Craker&cucamber sticks	Bread stick&dried fruit
Lunch 	Homemade beef burgers with potato wedges &salad Desserts : homemade Fruit milkshake	Caribbean Chicken with Rice & Veggies Desserts : home made banana yogurt lollie	Courgette moussaka with bulgur wheat Desserts: homemade Raisin scone	Pasta Bolognese , With Spinach Desserts : mixed fruit smoothie	Oven grilled fish with mashed potato and broccoli Desserts : Home made rice pudding
Vegetarian option	Veggie burger with potato&salad	Veggies & kidney beans in Caribbean sauce&rice	Courgette stew in tomato&garlic sauce Bulgur wheat	Pasta with spinach Side mixed beans	Jacket potato with cheese and broccoli
Pm Snack 	Selection of Fruit and Vegetable Sticks	Warm milk &rice cake	Fresh fruit kebabs	Vegetable sticks&bread sticks	Raisins&cracker
Tea	Homemade veggie cous cous salad	Cheese & cucumber Sandwich	Homemade vegetable pizza	Homemade lentil soup, pitta bread	Homemade Potato salad with herbs &lettuce
Vegetarian option	As above	As above	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