




Shining futures Nursery's Spring Menu 3

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	Malt loaf	Carrot stick & cracker	Fruit plate	Rice cake & raisins	Bread stick & cucumber
Lunch 	Chicken stew ,celery Bulgur wheat Desserts : homemade Fruit cake (no added sugar)	Home made beef sausage & mash potato, peas Desserts : home made Banana pudding	Mediterranean risotto with seasonal veggie Desserts: homemade Semolina	Spaghetti carbonara with cheese & cauliflower Desserts: homemade vanilla rice pudding	Oven baked fish fingers with potato and peas/carrot Desserts : melon & ice cream
Vegetarian option	Celery & tomato stew Bulgur wheat	Veggies sausage & mash potato	As above	As above	Chickpea curry with potato and peas/carrot
Pm Snack	Selection of Fruit and Vegetable Sticks	Cheese & rice cake	Fresh fruit & cracker	Vegetable sticks & bread sticks	Dried fruit & crumpet
 Tea	Humus, cucumber sticks with pita bread	Chicken noddle with carrot	Home made vegetable bread pizza	Home made seasonal vegetable soup & roll	Home made Cous cous & salad
Vegetarian option	As above	Vegetable noddle	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