




# Shining futures Nursery's Spring Menu 4

week commencing Date :	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 	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
<b>Am Snack</b>	<b>Fruit milkshake</b>	<b>Fruit smoothie</b>	<b>Vegetable sticks</b>	<b>Rice cake&amp;raisins</b>	<b>Fruit plate</b>
<b>Lunch</b> 	Chicken supreme with herbs &broccoli &rice  <b>Desserts :</b> homemade poached pear	Chili beef con carne spaghetti & Veggies  <b>Desserts :</b> homemade Apple cinnamon cake	Mixed bean Goulash ,vegetable cous cous  <b>Desserts:</b> Greek yogurt With fruit puree	Butternut squash moussaka with bulgur wheat  <b>Desserts:</b> homemade semolina	Coconut fish curry with potato and veggies  <b>Desserts :</b> Home banana muffin
<b>Vegetarian option</b>	lentil /broccoli curry Rice	Veggies & spaghetti	As above	Eggplant /carrot stew with Bulgur wheat	Coconut beans curry with potato &veggie
<b>Pm Snack</b>	Vegetable Sticks&bread sticks	rice cake&apple	dried fruit&cracker	Fresh fruit plate	Fruit scone
<b>Tea</b> 	<b>Homemade herbs&amp;lettuce potato salad &amp;baguette</b>	<b>tuna &amp; sweetcorn Sandwich</b>	<b>Homemade potato &amp; leek soup ,with roll</b>	<b>humus &amp;cucumber with Pitta bread</b>	<b>Cheese Pasta with Carrot/peas</b>
<b>Vegetarian option</b>	As above	Cheese/tomato sandwich	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