



Shining futures Nursery 's Summer Menu 3

week commencing Date :	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Breakfast</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
<p>Lunch</p> 	Tuna sweetcorn, red pepper risotto Desserts : summer fruit salad	Quorn lasagna with salad Desserts : Melon and ice- cream	Vegetable quiche with baked beans Desserts : home made rice pudding	Chicken casserole With vegetable and wheat bulgur Desserts : Fruit jelly	Fish finger ,roast potato and roast vegetable Desserts : vanilla ice cream with fruit salad
Vegetarian option	Vegetable risotto	As above	As above	Red kidney beans casserole and bulgur	Roast potato and vegetable with hummus
Tea	Mexican Chicken wrap with salad	Cheese sandwich with cherry tomato	Creamy tomato soup with alphabet noodles, fresh baked roll	Jacket potato with tuna and sweetcorn	Spanish omelet with peas and pepper with bread
Vegetarian option	Cheese salad wrap	As above	As above	Butter Jacket potato with salad	As above Egg allergy: vegetable stew bread
<p>10am snack and 2pm snack time, we do provide ,selection of fresh fruits(seasonal fruits),dry fruits ,mix vegetable sticks With crackers, rice cakes or bread sticks</p>					

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