



Shining futures Nursery 's Summer Menu 4

week commencing Date :	Monday	Tuesday	Wednesday	Thursday	Friday
 <p style="text-align: center;">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 style="text-align: center;">Lunch</p> 	Green Lentil, potato stew with seasonal vegetable. Desserts : Jelly with peach	Bulgur with beef vegetable and onion Desserts : Frozen yogurt with fresh fruit	Mix beans and potato curry with rice Desserts : oat crumble with mix berry	Homemade beef burger with mash potato and salad Desserts : Fruit salad with yogurt	Salmon fish with noddle and creamy sauce Desserts homemade semolina pudding
Vegetarian option	As above	Vegetable bulgur	As above	Homemade Vegetarian burger, mash patoto,salad	Noddle, with salad and red kidney beans in curry sauce
Tea	Tuna sweetcorn sandwich	Potato salad with boiled egg	Mexican fajita chicken& pepper wrap	Greek salad with feta cheese	Roast vegetable with cream cheese on pita bread
Vegetarian option	As above	As above Egg allergy: potato salad without egg	Hummus, salad, and pepper wrap with fajita seasoning	As above	As above
<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