

Ridgemount Cottage Nursery School

Week 2: Autumn/Winter Menu (children aged 1-5)



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (<i>Weetabix, Rice Crispies, Cornflakes, Toast with butter, honey or jam</i>)	Fruit and natural yogurt	Bagel with cream cheese	Eggs with wholemeal toast	Porridge with bananas and/or raisins	Crumpets with choice of spread
Morning snack	Rice cakes with cream cheese and fruit selection	Banana and cracker selection	Oatcakes and cream cheese	Pears and breadsticks	Satsuma segments and crackers
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch	Cheesy vegetable pasta	Tuscan beans and lamb with rice	Smoked fish and sweetcorn chowder with potato	Chicken dinner with root vegetables and potatoes	Beef chilli and rice
	Greek yogurt with fruit compote	Homemade oaty bites	Greek yogurt	Homemade oaty bites	Fromage frais
Afternoon snack	Fruit selection with oatcakes	Fruit platter with breadsticks	Orange slices	Rice cakes and banana	Oatcakes and cream cheese
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Tea	<i>Tea is served with a fruit and veg selection plate with crudité style finger foods: cucumber, carrot, celery, cherry tomatoes, pepper. Along with this there is freshly prepared fruit: raspberries, strawberries, blueberries, honey dew melon, kiwis, apples, oranges, pears. The fruit and veg selection plate is changed daily with a view towards variety and a well-rounded diet.</i>				
	Homemade root vegetable soup	Fruity couscous	Slow cooked 'posh' baked beans and toast	Cheese and ham Ploughman's	Tomato, red pepper and lentil soup with croutons
	Fromage frais	Egg-free traybake	Homemade oaty bites	Rainbow fruit salad	Greek yogurt with fruit and agave syrup
Fresh drinking water is available and accessible at all times.					