

# 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	Overnight oats with forest fruits	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 cheese platter	Pears and breadsticks	Satsuma segments and oatcakes
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch	Beef chilli and rice	Stir-fry chicken and noodles	Smoked fish and sweetcorn chowder with mash	Cheesy vegetable pasta bake	Chicken and leek pie with mash and root vegetables
	Greek yogurt with fruit compote	Homemade oaty bites	Greek yogurt	Stewed apple and Greek yogurt	Fromage frais
Afternoon snack	Fruit selection with oatcakes	Fruit platter with breadsticks	Orange slices	Oatcakes with cream cheese	Rice cakes and banana
	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 with pitta dippers	Cheese and ham Ploughman's	Tomato, red pepper and lentil soup
	Fromage frais	Rainbow fruit salad	Homemade oaty bites	Rainbow fruit salad	Homemade oaty bites
Fresh drinking water is available and accessible at all times.					