

Ridgemount Cottage Nursery School

Week 2: Autumn/Winter Menu (children aged 0-1)



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (<i>Selection of cereals, Toast with butter or jam</i>)	Fruit and natural yogurt	Porridge with mixed berries	Weetabix with grated apple	Porridge with banana	Weetabix with banana
Lunch <i>Meals are mashed or pureed per parent's request</i>	Cheesy vegetable pasta	Tuscan beans and lamb with rice	Fish chowder with veg and potato	Chicken dinner with root veg and potatoes	Beef chilli and rice
	Greek yogurt with fruit compote	Homemade oaty bites	Greek yogurt	Homemade oaty bites	Fromage frais
Tea <i>Meals are mashed or pureed per parent's request</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	Egg-free traybake	Homemade oaty bites	Rainbow fruit salad	Greek yogurt with fruit batons
<i>Milk is provided when required.</i>					