

# Ridgemount Cottage Nursery School

Week 1: Autumn/Winter Menu (alternative options)



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast ( <i>Weetabix, Rice Crispies, Cornflakes, Toast with butter, honey or jam</i> )	Wholemeal toast with choice of spread	Crumpets with choice of spread	Dairy free creamy Porridge	Overnight oats	Fruit and dairy free yogurt
Morning snack	Banana and oatcakes	Rice cakes selection of fruit	Homemade beetroot dip and carrot sticks	Vegan cheese and cracker selection	Satsuma segments and oatcakes
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch	Dairy free vegetable Korma	Quorn dinner with root vegetables	Quorn pasta Bolognese with cheese sprinkles/dairy free cheese	Veggie cheese pie/Veggie pie with vegetables and mash	Fruity vegetable couscous
	Dairy free avocado chocolate mousse	Melon and dairy free yogurt	Dairy free yogurt	Fruit compote with dairy free yogurt	Rainbow fruit salad
Afternoon snack	Fruit platter and rice cakes	Breadsticks and satsuma segments	Oatcakes and pear	Rice cakes and banana	Homemade beetroot dip and breadsticks
	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>				
	Mediterranean vegetable couscous	Homemade root vegetable soup	Warm pitta bread with selection of dips	Minestrone soup with pasta shells	Vegetarian chilli with potato wedges.
	Dairy free yogurt	Homemade oaty bites	Rainbow fruit salad	Homemade oaty bites	Dairy free yogurt and honey
Fresh drinking water is available and accessible at all times.					