

Ridgemount Cottage Nursery School

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



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (<i>Weetabix, Rice Crispies, Cornflakes, Toast with butter or jam</i>)	Fruit and natural yogurt	Overnight oats with forest fruits	Eggs with wholemeal toast	Creamy porridge	Crumpets with choice of spread
Lunch <i>Meals are mashed or pureed per parent's request</i>	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
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	Rainbow fruit salad	Homemade oaty bites	Rainbow fruit salad	Homemade oaty bites
<i>Milk is provided when required.</i>					