

Ridgemount Cottage Nursery School

Week 1: 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>)	Scrambled eggs with wholemeal toast	Crumpets with choice of spread	Creamy porridge	Bagels with cream cheese	Fruit and natural yogurt
Morning snack	Banana and oatcakes	Rice cakes and selection of fruit	Breadsticks and fruit platter	Crackers and selection of fruit	Pear slices and oatcakes
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch	Creamy vegetable Korma	Roast chicken dinner with root vegetables and potato wedges	Beef pasta Bolognese with cheese sprinkles	Fish pie with vegetables and potato	Fruity lamb couscous
	Greek yoghurt with agave syrup	Low sugar fruity flapjack	Fromage frais	Fruit compote with Greek yogurt	Rainbow fruit salad
Afternoon snack	Fruit platter and rice cakes	Breadsticks and satsuma segments	Oatcakes and pear	Breadsticks and fruit platter	Rice cakes and selection of fruit
	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>				
	Cheese and ham Ploughman's	Creamy root vegetable soup	Pitta bread pockets with cheese, ham and a selection of dips	Minestrone soup with pasta shells	Vegetarian chilli with potato wedges.
	Homemade oaty bites	Fromage frais	Rainbow fruit salad	Homemade oaty bites	Fromage frais
Fresh drinking water is available and accessible at all times.					