

Ridgemount Cottage Nursery School

Week 2: Autumn/Winter Menu (alternative options)



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (<i>Weetabix, Rice Crispies, Cornflakes, Toast with butter, honey or jam</i>)	Fruit and dairy free natural yogurt	Overnight oats with forest fruits	Wholemeal toast with choice of spread	Porridge with bananas and/or raisins	Crumpets with choice of spread
Morning snack	Rice cakes with dairy free cheese and fruit selection	Banana and cracker selection	Oatcakes and dairy free 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	Vegetarian chilli and rice	Quorn stir-fry and noodles	Vegetable and sweetcorn chowder with mash	Vegetable pasta bake	Quorn and leek pie with mash and root vegetables
	Dairy free yogurt with fruit compote	Homemade oaty bites	Dairy free yogurt	Stewed apple and dairy free yogurt	Dairy free yogurt
Afternoon snack	Fruit selection with oatcakes	Fruit platter with breadsticks	Orange slices	Oatcakes with dairy free 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/Dairy free cheese Ploughman's	Tomato, red pepper and lentil soup
	Dairy free yogurt	Rainbow fruit salad	Homemade oaty bites	Rainbow fruit salad	Homemade oaty bites
Fresh drinking water is available and accessible at all times.					