

Ridgemount Cottage Nursery School

Week 3: 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>)	Porridge with bananas and/or raisins	Eggs with wholemeal toast	Crumpets with choice of spread	Fruit and natural yogurt	Bagels and cream cheese
Morning snack	Oatcakes and cream cheese	Rice cakes and banana	Rice cakes with fruit selection	Breadsticks with fruit platter	Fruit platter with oatcakes
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch	Moroccan Lamb couscous	Tuna arrabbiata	Veggie chilli with rice	Deconstructed shepherd's pie with root veg and potato wedges	Butternut squash risotto
	Fromage frais	Greek yogurt and agave syrup	Rainbow fruit salad	Homemade oaty bites	Fromage frais
Afternoon snack	Orange slices with breadsticks	Cracker selection with pear	Fruit and cracker platter	Fruit selection with rice cakes	Breadsticks with 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>				
	Minestrone soup with pasta shells	Potato wedges with slow cooked 'posh' baked beans	Carrot and coriander soup	Pitta pockets with ham, cheese and a selection of dips	Slow cooked beef goulash with potatoes
	Rainbow fruit salad	Homemade oaty bites	Fromage frais	Egg-free tray bake	Homemade oaty bites
Fresh drinking water is available and accessible at all times.					