

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	Overnight oats
Morning snack	Oatcakes and cheese	Vegetable batons and bread stick collection	Rice cakes with fruit selection	Bread sticks with homemade beetroot dip	Fruit platter with oatcakes
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch	Moroccan Lamb couscous	Tuna Arrabiata	Butternut Squash risotto	White fish and sweetcorn chowder with mashed potato	Deconstructed Shepherd's pie with mash and farmhouse vegetables
	Creamy Greek yogurt	Peaches and crème fraiche	Poached pear and Greek yogurt	Homemade oaty bites	Rainbow fruit salad
Afternoon snack	Orange slices with breadsticks	Oatcakes with cream cheese and banana	Fruit and cracker selection	Fruit platter with rice cakes	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>				
	Rainbow vegetable salad with minty yogurt dressing	Potato wedges with slow cooked 'posh' baked beans	Warm pitta bread and selection of dips	Carrot and coriander soup	Slow cooked vegetable goulash with potatoes
	Rainbow fruit salad	Homemade oaty bites	Rainbow fruit salad	Fromage frais	Homemade oaty bites
Fresh drinking water is available and accessible at all times.					