

Ridgemount Cottage Nursery School

Week 3: Autumn/Winter Menu (alternative options)



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (<i>Weetabix, Rice Crispies, Cornflakes, Toast with butter, honey or jam</i>)	Porridge with bananas and/or raisins	Wholemeal toast with choice of spread	Crumpets with choice of spread	Fruit and dairy free yogurt	Bagels and choice of spread
Morning snack	Oatcakes and dairy-free spread	Rice cakes and fruit selection	Rice cakes with fruit selection	Bread sticks with fruit platter	Fruit platter with oatcakes
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch	Moroccan couscous	Vegetable Arrabbiata	Veggie chilli with rice	Deconstructed farmhouse vegetable pie with mash	Butternut squash risotto
	Dairy free yogurt	Dairy-free yogurt and agave syrup	Rainbow fruit salad	Homemade oaty bites	Dairy-free yogurt
Afternoon snack	Orange slices with breadsticks	Cracker selection with pear	Fruit and cracker selection	Fruit platter 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>				
	Vegetable soup with pasta shells	Potato wedges with slow cooked 'posh' baked beans	Carrot and coriander soup	Pitta pockets with dairy/meat free fillings and dips	Slow cooked vegetable goulash with potatoes
	Rainbow fruit salad	Homemade oaty bites	Dairy-free yogurt	Egg-free traybake	Homemade oaty bites
Fresh drinking water is available and accessible at all times.					