

# Ridgemount Cottage Nursery School

Week 1: Autumn/Winter Menu (children aged 0-1)



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast ( <i>Weetabix, Rice Crispies, Cornflakes, Toast with butter or jam</i> )	Scrambled eggs with wholemeal toast	Crumpets with choice of spread	Creamy Porridge	Overnight oats	Fruit and natural yogurt
Lunch <i>Meals are mashed or pureed per parent's request</i>	Creamy vegetable Korma	Roast chicken dinner with root vegetables	Beef pasta Bolognese with cheese sprinkles	Fish pie with vegetables and creamy mash	Fruity lamb couscous
	Avocado chocolate mousse	Selection of fruit and crème fraiche	Fromage frais	Fruit compote with Greek yogurt	Rainbow fruit salad
Tea <i>Meals are mashed or pureed per parent's request</i>	Mediterranean vegetable couscous	Creamy root vegetable soup	Warm pitta bread with selection of dips	Minestrone soup	Vegetarian chilli with potato wedges.
	Fromage frais	Homemade oaty bites	Rainbow fruit salad	Homemade oaty bites	Greek yogurt
<i>Milk is provided when required.</i>					