

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	Crumpets with choice of spread	Fruit and dairy free 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 couscous	Vegetable Arrabiata	Butternut Squash risotto	Vegetable and sweetcorn chowder with mashed potato	Deconstructed farmhouse vegetable pie with mash
	Dairy free yogurt	Peaches and dairy free yogurt	Poached pear and dairy free yogurt	Homemade oaty bites	Rainbow fruit salad
Afternoon snack	Orange slices with breadsticks	Oatcakes with dairy free 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 dairy free 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	Dairy free yogurt	Homemade oaty bites
Fresh drinking water is available and accessible at all times.					