

# Ridgemount Cottage Nursery School

Week 1: 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> )	Scrambled eggs with wholemeal toast	Crumpets with choice of spread	Creamy Porridge	Overnight oats	Fruit and natural yogurt
Morning snack	Banana and oatcakes	Rice cakes selection of fruit	Homemade beetroot dip and carrot sticks	Cheese and cracker selection	Satsuma segments and oatcakes
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch	Creamy vegetable Korma	Roast chicken dinner with root vegetables	Beef pasta Bolognaise with cheese sprinkles	Fish pie with vegetables and creamy mash	Fruity lamb cous cous
	Avocado chocolate mousse	Melon and crème fraiche	Fromage frais	Fruit compote with Greek yogurt	Rainbow fruit salad
Afternoon snack	Fruit platter and rice cakes	Breadsticks and satsuma segments	Oatcakes and pear	Rice cakes and banana	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>				
	Mediterranean vegetable couscous	Creamy root vegetable soup	Warm pitta bread with selection of dips	Minestrone soup with pasta shells	Vegetarian chilli with potato wedges.
	Fromage frais	Homemade oaty bites	Rainbow fruit salad	Homemade oaty bites	Greek yogurt and honey
Fresh drinking water is available and accessible at all times.					