

# Ridgemount Cottage Nursery School

Week 3: Autumn/Winter Menu (children aged 0-1)



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast ( <i>Weetabix, Rice Crispies, Cornflakes, Toast with butter or jam</i> )	Porridge with banana	Eggs with wholemeal toast	Crumpets with choice of spread	Fruit and natural yogurt	Overnight oats
Lunch <i>Meals are mashed or pureed per parent's request</i>	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	Fruit and crème fraiche	Fruit and Greek yogurt	Homemade oaty bites	Rainbow fruit salad
Tea <i>Meals are mashed or pureed per parent's request</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
<i>Milk is provided as required.</i>					