

Ridgemount Cottage Nursery School

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



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (<i>Selection of cereals, Toast with butter or jam</i>)	Porridge with banana	Weetabix with banana	Porridge with mixed berries	Fruit and natural yogurt	Weetabix with grated apple
Lunch <i>Meals are mashed or pureed per parent's request</i>	Moroccan Lamb couscous	Tuna arrabbiata	Veggie chilli and rice	Deconstructed Shepherd's pie with veg and potato	Butternut squash risotto
	Fromage frais	Greek yogurt	Rainbow fruit salad	Homemade oaty bites	Fromage frais
Tea <i>Meals are mashed or pureed per parent's request</i>	Minestrone soup with pasta shells	Potato wedges with slow cooked baked beans	Carrot and coriander soup	Pitta with ham and cheese filling and a selection of dips	Slow cooked vegetable goulash with potatoes
	Rainbow fruit salad	Homemade oaty bites	Fromage frais	Egg-free traybake	Homemade oaty bites
<i>Milk is provided as required.</i>					