



DAY NURSERY

LOWFORD • SOUTHAMPTON

SAMPLE MENUS

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|--|------------------------------|------------------------|--------------------------------|-------------------------------|
| Breakfast | Selection of Cereals | Selection of Cereals | Selection of Cereals | Selection of Cereals | Selection of Cereals |
| | Brioche | Brioche | Brioche | Brioche | Brioche |
| Snack | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Lunch | Chicken Tomato Pasta | Cowboy Casserole | Lasagne & Garlic Bread | Roast dinner with Seasonal veg | Fish Fingers, Waffles & Hoops |
| | Shortbread | Rocky Road | Yoghurts | Lemon Sponge | Cookies |
| Snack | Malt Loaf | Trail Mix | Rice Cakes | Rich Tea Biscuit | Cheddars |
| Tea | Cheese cubes, French bread, Grapes and Raisins | Cheese & Cucumber Sandwiches | Bagels | Dairylea Sandwiches | Tea-cakes |
| | Yoghurts | Banana and Custard | Angel Delight | Mini Jammy Teacakes | Jelly |

| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---------------------------------|----------------------|----------------------|---------------------------------|----------------------|
| Breakfast | Selection of Cereals | Selection of Cereals | Selection of Cereals | Selection of Cereals | Selection of Cereals |
| | Toast | Toast | Toast | Toast | Toast |
| Snack | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Lunch | Jacket Spud with Cheese & Beans | Fish Pie & Broccoli | Sausage & Mash | Mac & Cheese with invisible veg | Chilli & Rice |
| | School Sponge Cake | Mousse | Choc Crispies | Yoghurts | Shortbread |
| Snack | Rich tea biscuit | Malt Loaf | Cheddars | Rice Cakes | Trail Mix |
| Tea | Pizza pinwheels | Ham Sandwiches | Crumpets | Tuna Sandwiches | Cheese Toasties |
| | Cookies | Jelly | Yoghurts | Rocky Road | Angel Delight |

| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|---|---|--|--|
| Breakfast | Selection of Cereals Croissants | Selection of Cereals Croissants | Selection of Cereals Croissants | Selection of Cereals Croissants | Selection of Cereals Croissants |
| Snack | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Lunch | Curry & Rice Flapjack | Veg Au Gratin & Fishcakes Yoghurts | Pasta Bolognaise Mini Jammy Teacakes | Chicken & Leek Pie, New pts and veg Gingerbread Men | Homemade Pizza, Wedges & Beans Chocolate Brownies |
| Snack | Rice Cakes | Rich tea biscuit | Trail Mix | Malt Loaf | Cheddars |
| Tea | Hoops on Toast Shortbread | Chicken sandwiches Choc Crispies | Cheese & Crackers Jelly | Ham Thins Yoghurts | Soup Fruity Cereal Bites |