



*Buds that Blossom
Day Nursery*



Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Selection of cereals – Weetabix, Ready Brek, shreddiees, rice crispies and Toast				
Morning snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Lunch				
Tomato pasta with ham and spinach served with garlic bread	Beef and vegetable hot pot	Spanish style chicken served with cous cous	South Indian style fish curry served with rice	Stir fried vegetables noodles
Tomato and vegetable pasta served with garlic bread	Quorn mince and vegetable hot pot	Spanish style Vegetable and pulses served with cous cous	South Indian style vegetable curry served with rice	
Pudding				
Jam sponge served with custard	Yoghurt	Rice pudding	Fruit salad	Jelly
Afternoon Snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Afternoon Tea				
Homemade seasonal vegetable soup served with a roll	Cauliflower and broccoli cheese	Savoury muffins served with homemade potato wedges	Neapolitan pasta bake	Wholemeal pitta pizza with various toppings
Pudding				
Selection of fruit	Pineapple	Banana	Yoghurt	Homemade cookie



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Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Selection of cereals – Weetabix, Ready Brek, shreddies, rice crispies and Toast				
Morning snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Lunch				
Fish pie served with broccoli	Moroccan style lamb tagine served with cous cous	Chilli con carne served with homemade potato wedges	Vegetable lasagne served with garlic bread	Roast chicken, roast potatoes, stuffing and seasonal vegetables
Vegetable pie served with broccoli	Moroccan style chickpea tagine served with cous cous	Mixed bean chilli con carne served with homemade potato wedges		Quorn fillet, roast potatoes, stuffing and seasonal vegetables
Pudding				
Yoghurt	Rice pudding	Apple crumble and custard	Ice cream	Fruit salad
Afternoon Snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Afternoon Tea				
Beans on toast	Butchers style sausages served with a roll	Homemade leek and sweet potato soup served with wholemeal bread	Crumpet pizza served with vegetable sticks and dip	Macaroni chese
	Vegetarian sausage served with a finger roll			
Pudding				
Homemade oat biscuits	Selection of fruit	Yoghurt	Banana bread	Melon wedges



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Week 3				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Selection of cereals – Weetabix, Ready Brek, shreddiees, rice crispies and Toast				
Morning snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Lunch				
Butternut squash risotto	Fish and chorizo stew served with potato	Sausage, bean and vegetable casserole served with rice	Thai style chicken curry served with noodles	Spaghetti Bolognese served with garlic bread
	Vegetable stew served with potato	Vegetarian sausage, bean and vegetable casserole served with rice	Thai style vegetable curry served with noodles	Spaghetti Bolognese made with soya mince served with garlic bread
Pudding				
Jelly	Fruit salad	Yoghurt	Rice pudding	Poached pear and custard
Afternoon Snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Afternoon Tea				
Jacket potato served with cheese and a variety of toppings	Tomato and vegetable pasta	Pesto and cheese tart served with cherry tomato and vegetable sticks	Homemade seasonal vegetable soup served with a roll	spaghetti on toast
Pudding				
Pineapple	Lemon cake	Selection of fruit	Melon wedges	Banana



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Week 4				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Selection of cereals – Weetabix, Ready Brek, shreddies, rice crispies and Toast				
Morning snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Lunch				
Tuna pasta bake served with garlic bread	Roast gammon, roast potatoes and seasonal vegetables	Shepherd less sweet potato pie served with cauliflower	Pork meatballs in a tomato sauce served with pasta	Chicken curry served with rice and Naan bread
Vegetable pasta bake served with garlic bread	Quorn fillet, roast potatoes and seasonal vegetables		vegetarian meatballs in a tomato sauce served with pasta	Vegetable curry served with rice and Naan bread
Pudding				
Rice pudding	Ice cream	Fruit salad	Yoghurt	Peaches and cream
Afternoon Snack				
Selection of fresh fruit, vegetable sticks and savoury treats				
Afternoon Tea				
Pizza rolls served with vegetable sticks and dip	Butternut Squash and carrot Soup served with wholemeal bread	Cheesy vegetable pasta	Beans on toast	Butchers style sausages served with a roll
				Vegetarian sausage served with a finger roll
Pudding				
Raisin cake	Banana	Melon wedges	Selection of fruit	Yoghurt