



Little Swans Winter Menu *November 2021 – March 2022*

Week One

- Monday:** Tuna pasta bake
Pudding: Chocolate log and warm custard
Tea: Tomato soup and wholemeal/white bread slices
- Tuesday:** Roast chicken dinner with new potatoes, broccoli, carrots, cauliflower, Yorkshire pudding and gravy
Pudding: jam tart and dream topping
Tea: Fruit loaf with melted butter
- Wednesday:** Chicken korma with mushroom, white fluffy rice, peas and sweetcorn
Pudding: Strawberry Jelly
Tea: Jacket potato and cheese
- Thursday:** Sausage Casserole with, mash potatoes cooked green beans and sweetcorn
Pudding: Peaches and vanilla yoghurt
Tea: Fish finger sandwiches on wholemeal or white bread
- Friday:** Chicken Stew, boiled potatoes in skins, mixed vegetables with bread for dipping.
Pudding: Strawberry Whip
Tea: Beans on toast

Halal and vegetarian alternatives included in all our menus



Week Two

Monday: Vegetable pasta in a chopped tomatoes with peppers, mushrooms and onions with a cheese topping
Pudding: Swiss Roll
Tea Spaghetti hoops on toast

Tuesday: Sausage and leek mash pie with shredded cabbage
Pudding: Creamy rice pudding and raisins
Tea Banana sandwiches made with white or wholemeal bread

Wednesday: Cauliflower and potato curry with boiled rice
Pudding: Raspberry Jelly
Tea Ham Sandwiches

Thursday: Jacket potato with cheese, baked beans carrot and cucumber sticks
Pudding: Vanilla yoghurt and sultanas
Tea. Vegetable soup and white or wholemeal bread

Friday: Chicken and vegetable pie with mash potato
Pudding: Strawberry whip
Tea Cheddar cheese sandwiches with sliced tomato on wholemeal or white bread

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Little Swans Menu

Week Three

Monday: Simple spaghetti bolognaise with penne pasta in a tomato sauce
Pudding: Chocolate Swiss roll and Creamy custard
Tea Jacket Potato and beans

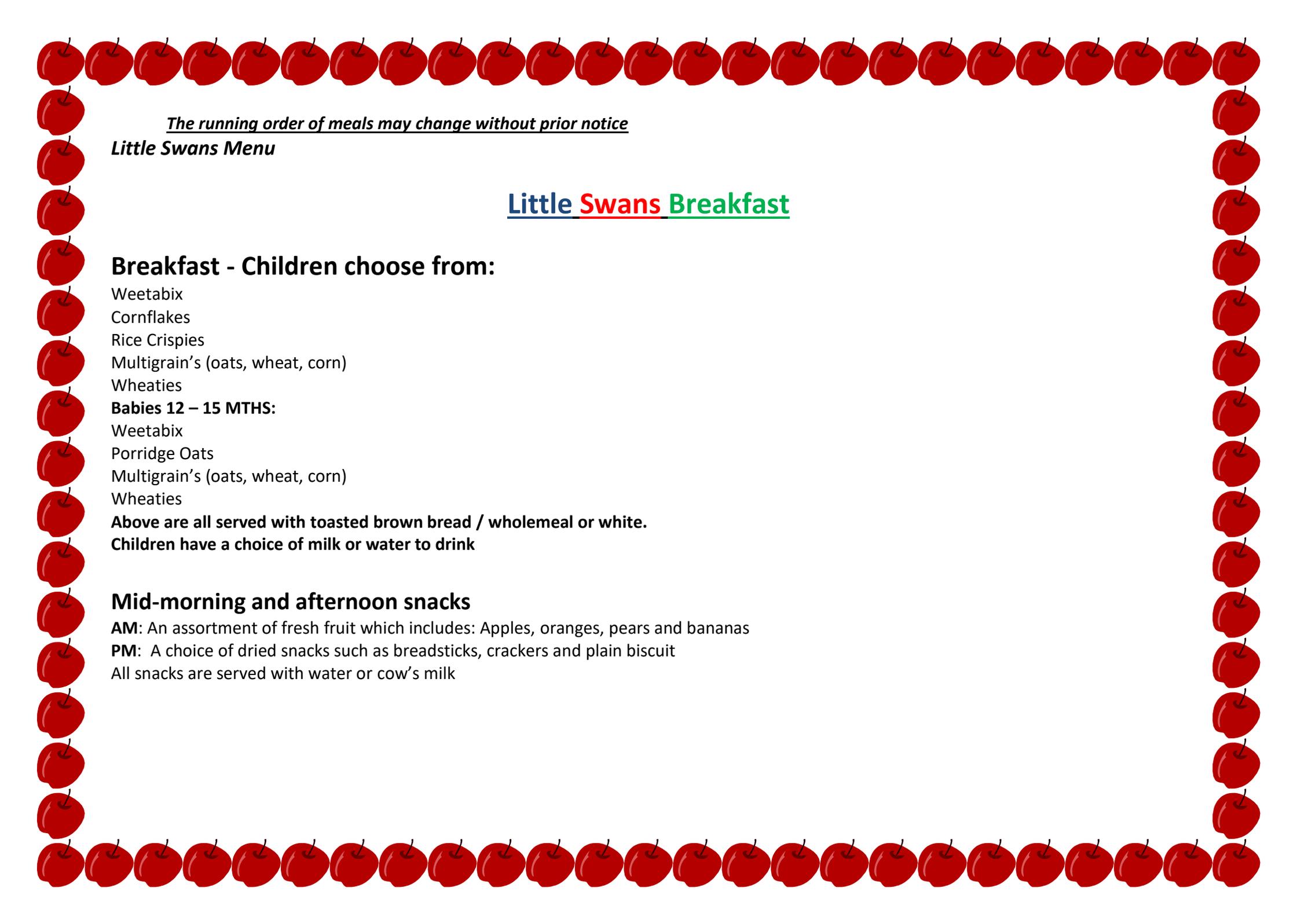
Tuesday: Vegetable Biryani with a soft tortilla wrap
Pudding: Fresh Fruit Salad
Tea Sausage sandwich with white or wholemeal bread

Wednesday: Cottage pie and baked beans
Pudding: Nectarines and natural yoghurt
Tea Spaghetti hoops on a buttery crumpet

Thursday: Tangy chilli con carne with potato wedges
Pudding: Creamy butterscotch whipped delight
Tea Scones

Friday: Easy Fish Pie with a cheese sauce, peas, sweetcorn and mash potato topping
Pudding: Bananas and Custard
Tea Apple, pineapple and cucumber sticks with cream crackers

- All meals are served with fresh
- All fruit desserts are in natural juices or light syrup



The running order of meals may change without prior notice

Little Swans Menu

Little Swans Breakfast

Breakfast - Children choose from:

Weetabix
Cornflakes
Rice Crispies
Multigrain's (oats, wheat, corn)
Wheaties

Babies 12 – 15 MTHS:

Weetabix
Porridge Oats
Multigrain's (oats, wheat, corn)
Wheaties

Above are all served with toasted brown bread / wholemeal or white.

Children have a choice of milk or water to drink

Mid-morning and afternoon snacks

AM: An assortment of fresh fruit which includes: Apples, oranges, pears and bananas

PM: A choice of dried snacks such as breadsticks, crackers and plain biscuit

All snacks are served with water or cow's milk



Little Swans Day Nursery

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** All meals are served with fresh water

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