



Little Swans Summer Menu May 2022 to October 2022

Week One

Halal and vegetarian included in all our menus

The running order of meals may change without prior notice

Monday: Tuna Pasta Bake

pudding: Sponge cake with warm custard

Tea: Cheese crackers with cucumber

Tuesday: Cottage Pie with mixed vegetables

pudding: Strawberry Ice Cream with wafer

Tea: Warm Scones and melted butter

Wednesday: Chick Pea and Potato Korma with mushrooms, white fluffy rice, peas and sweetcorn

pudding: Strawberry mousse

Tea: Fruit bread with melted butter

Thursday: Sausages with potatoes in skins, peas, sweetcorn and homemade onion gravy

pudding: A selection of fruit with a natural yoghurt dip

Tea: Crumpets and cheese spread

Friday: Cheesy Mash and Spaghetti hoops in a tomato sauce

pudding: Fruit Sorbet

Tea: Sausage Sandwiches on wholemeal/ white bread



Week Two

Halal and vegetarian included in all our menus

The running order of meals may change without prior notice

Monday: Fluffy Jacket potatoes with cheese and beans

pudding: Bananas and Custard

Tea: Tuna, mayonnaise and sweetcorn Sandwiches

Tuesday: Tangy Chilli Con Carne with fluffy white rice

pudding: Sugar Free Strawberry Jelly

Tea: A choice of salmon / chicken paste sandwiches with cucumber slices

Wednesday: Chicken nuggets, sweetcorn and carrots, potato wedges and a squeeze of tomato ketchup

pudding: Creamy rice pudding and raisins

Tea: A selection of different jam sandwiches with a choice of white or wholemeal bread

Thursday: Vegetable Biryani with fluffy white rice

pudding: Peaches and Evaporated milk

Tea: Cheese and tomatoes pizza

Friday: Fish Fingers, mash and peas

pudding: Chocolate Swiss roll and custard

Tea: Beans on toast



Week Three

Halal and vegetarian included in all our menus

The running order of meals may change without prior notice

Monday: Vegetable Pasta Bake
Pudding: Fruit Berries with Vanilla ice cream
Tea: Banana Sandwiches

Tuesday: Chicken roast dinner with potatoes in skins, mixed vegetables and a chicken gravy
Pudding: Mixed fruit in natural fruit juices
Tea: Cheese sandwiches

Wednesday: Simple spaghetti bolognese in a tomato and mushroom sauce
Pudding: Jam tart with custard
Tea: Fish finger sandwiches

Thursday: Sausage and Bean casserole with creamy mash
Pudding: Chocolate log sponge with warm custard
Tea: Spaghetti hoops on toast

Friday: Mixed bean Biryani with fluffy white rice
Pudding: Chocolate and banana whip
Tea: Tomato soup with bread



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

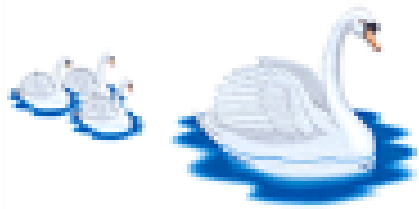
**Above are all served with toasted brown bread / wholemeal or white.
Children have a choice of milk or water to drink**

Mid-morning and afternoon snacks

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

PM: An assortment of dried fruit / breadstick and savoury biscuit which includes: Raisins, sultanas and currants

All snacks are served with water or cow's milk



Little Swans Day Nursery

Summer Menu 2022

** All meals are served with fresh water

The running order of meals may change without prior notice
Halal and vegetarian included in all our menu