



## WEEK 1 : Spring/ Summer Menu – Little Swans Day Nursery (Children aged 1 -4 years)

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b> Planned to provide 20% of a child's daily nutritional requirements <b>Drinks: Water Only</b>	Malt Wheat Cereal with milk and sliced Banana  Crumpet and spread	Cornflakes with milk, raisins and kiwi fruit  White toast and spread	Hardboiled egg and tomatoes with wholemeal bread and spread  Banana	Wheat bisks with milk and mixed berries  Half a slice of fruit bread and spread	Crisped rice cereal and milk  Half a bagel with spread and melon
<b>Mid- morning snack</b> Planned to provide 10% of a child's daily nutritional requirements <b>Drinks: Water and Milk</b>	Breadsticks and mixed vegetable sticks	Toasted crumpet spread and strawberries	Yoghurt and sultanas	Whole meal toast with cheese spread	Banana slices
<b>Lunch</b> Planned to provide 30% of a child's daily nutritional requirements <b>Drinks: Water Only</b>	Lentil Moussaka with garlic bread and mixed salad  Seasonal Fruit salad	Thai chicken curry with white rice  Rhubarb Fool	Soya and apple ragu with potatoes, broad beans and courgettes  Pineapple and natural yogurt	Salmon and pea risotto  Blueberry sponge cake	Bean and veggie sausage wholemeal pasta bake  Pineapple and natural yogurt
<b>Mid- afternoon snack</b> Planned to provide 10% of a child's daily nutritional requirements <b>Drinks: Water and Milk</b>	Tomato slices and cheese cut into chunks	Pineapple slices	Smashed avocado and pitta bread	Mixed chopped seasonal fruit	Cucumber and carrot sticks with crackers and cream cheese
<b>Tea</b> Planned to provide 20% of a child's daily nutritional requirements <b>Drinks: Water only</b>	Bean and tomato gnocchi bake with bread and spread	Fishcakes with tomato relish and cucumber and tomatoes	Pasta with beans and peas	Wholemeal English Muffin pizza with various toppings	Crustless quiche with potato salad and pepper sticks

**Note: Drinks: Plain Water Milk: Semi Skimmed Milk for children aged 1 year and above  
Milk alternatives are provided from home and formula for children under 1 years of age.**

**Halal and Vegetarian Alternatives Included in all our menus**



## **WEEK 2 : Spring/ Summer Menu – Little Swans Day Nursery (Children aged 1 -4 years)**

<b>WEEK 1</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Breakfast</b> Planned to provide 20% of a child's daily nutritional requirements <b>Drinks: Water Only</b>	Crisped rice cereal and milk  Plain bagel quarter with spread and chopped plum	Malt wheats and milk with banana  Wholemeal toast and spread	Boiled eggs , wholemeal toast and fresh tomatoes  Pear slices	Cornflakes with milk and raisins  Half a crumpet with spread	Wheat bisks with milk  Half a toasted teacake and spread with apple
<b>Mid- morning snack</b> Planned to provide 10% of a child's daily nutritional requirements <b>Drinks: Water and Milk</b>	Carrot and pepper sticks	Wholemeal pitta fingers with yoghurt and mint and cucumber sticks	Wholemeal toast with spread and kiwi fruit quarters	Banana slices	Bagel and Cream Cheese
<b>Lunch</b> Planned to provide 30% of a child's daily nutritional requirements <b>Drinks: Water Only</b>	BBQ Quorn pieces with new potatoes and roast vegetables  Lemon and Sultana cake	Chickpea and Spinach curry with white rice and naan bread  Seasonal Fruit Salad	Steamed cod in tomato and peeper sauce with cous cous and green beans  Rice Pudding and Raspberries	Vegetable and red lentil dhansak with brown rice  Fruit Jelly and ice cream	Veggie meatballs with white spaghetti  Peach fool ripple
<b>Mid- afternoon snack</b> Planned to provide 10% of a child's daily nutritional requirements <b>Drinks: Water and Milk</b>	Nectarine Slices	Oatcakes and cream cheese	Cucumber and carrot sticks	Crackers, tzatziki and tomato slices	Melon and blueberries
<b>Tea</b> Planned to provide 20% of a child's daily nutritional requirements <b>Drinks: Water only</b>	Cous Cous and chickpea salad	Sardine pate on white toast with tomatoes	Veggie sausage and beans with wholemeal pasta	Chicken fajitas (or vegetarian red pepper fajitas)	Pea and asparagus frittata with new potato salad

**Halal and Vegetarian Alternatives Included in all our menus**



### WEEK 3 : Spring/ Summer Menu – Little Swans Day Nursery (Children aged 1 -4 years)

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b> Planned to provide 20% of a child's daily nutritional requirements <b>Drinks: Water Only</b>	Wheat bisks with milk and raisins  Half a crumpet and spread	Porridge with dates	Malted wheats and milk  Plain pancake with banana	Egg with tomato and wholemeal toast and spread	Cornflakes yoghurt and fruit  White toast and spread
<b>Mid- morning snack</b> Planned to provide 10% of a child's daily nutritional requirements <b>Drinks: Water and Milk</b>	peach slices and plain yoghurt	Breadsticks with carrot and peeper sticks	Mixed berries and plain yoghurt	Wholemeal toast and spread	Breadsticks with apple
<b>Lunch</b> Planned to provide 30% of a child's daily nutritional requirements <b>Drinks: Water Only</b>	Bean and mushroom stroganoff with white rice  Banana cake	Pasta Primavera with garlic bread  Yoghurt and dried apricots	White fish with parsley sauce , new potatoes and green beans  Seasonal fruit platter	Chicken and vegetable pie with roast potatoes and sprig greens  Apricots and natural yogurt	Lentil, potato and spinach curry cous cous  Summer crumble and custard
<b>Mid- afternoon snack</b> Planned to provide 10% of a child's daily nutritional requirements <b>Drinks: Water and Milk</b>	Crumpets and spread	Banana and yoghurt	Pitta bread and hummus dip	Pepper sticks and cheese (sliced or cut into sticks)	Rice cakes, cucumber sticks and tomatoes
<b>Tea</b> Planned to provide 20% of a child's daily nutritional requirements <b>Drinks: Water only</b>	Smoked mackerel pate with tomatoes and mixed peppers	Cos cous and chickpea salad	Lentil and broccoli pasta with sweetcorn	Cheese or ham flatbreads	Bean and vegetable enchiladas

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