



## 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>	100 % Chicken Breasts, baked beans and homemade potato wedges Seasonal Fruit salad	Thai chicken curry with white rice  Bananas and Custard	Sheppard's pie, peas and carrots  Pineapple and natural yogurt	Roast chicken, mash, sweetcorn and gravy  Sponge cake and natural yoghurt	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>	Cucumber and cheese cut into chunks	Pineapple slices	Carrot and cucumber sticks with 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>	Spaghetti on toast	Fishcakes with cucumber	Pasta with beans and peas	Wholemeal pizza with various toppings	Egg mayo pitta pockets with cucumber sticks
<b>Note: Drinks: Plain Water Milk: Semi Skimmed Milk for children aged 1 year and above</b> <b>Milk alternatives are provided from home and formula for children under 1 years of age.</b>					

**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	100 % homemade beef burger with new potatoes and baked beans  Seasonal Fruit Salad	Steamed cod in tomato and pepper sauce with wholemeal pasta and green beans  Rice Pudding and Raspberries	Mixed bean spaghetti bolognaise  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 and cheese spread	Melon and mixed berries
<b>Tea</b> Planned to provide 20% of a child's daily nutritional requirements <b>Drinks: Water only</b>	Beans on Toast	Selection of cheese and ham sandwiches on wholemeal bread	Veggie sausage and beans with wholemeal pasta	Chicken fajitas (or vegetarian red pepper fajitas)	Jacket potato with cheesy beans

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



## **WEEK 3 : 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>	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	Vegetable biryani  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	Mixed fresh fruit	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>	Fish finger sandwiches with sliced peppers	Heathy veggie finger bun with cucumber sticks	Tuna pasta bake with sweetcorn	Cheese or ham flatbreads	Bean and vegetable enchiladas

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