



Little Swans Summer Menu May - October 2019

Week One

- Monday:** Tuna Pasta Bake
pudding: Honey sponge fairy cake with warm custard
- Tuesday:** Chicken Korma with mushrooms, white fluffy rice, peas and sweetcorn
pudding: Vanilla Ice Cream with wafer and Strawberry sauce
- Wednesday:** Vegetable lasagne with crispy salad
pudding: Strawberry mousse
- Thursday:** Toad in the hole, potatoes in skins with peas, sweetcorn and homemade onion gravy
pudding: Fruit cocktail with a natural yoghurt dip
- Friday:** Vegetable stir fry in herb and vegetable stock with egg noodles
pudding: Berried fruit trifle with a dream topping

Halal and vegetarian included in all our menus



Week Two

Monday: Chicken nuggets, sweetcorn and carrots, potato letters and a squeeze of tomato ketchup
Pudding: Bananas and custard

Tuesday: Fluffy Jacket potatoes with cheese, beans and coleslaw and a slice of garlic bread
Pudding: Strawberry Jelly

Wednesday: Tangy Chilli con carne with fluffy white rice
Pudding: Homemade strawberry tarts with Squirty cream

Thursday: Vegetable Biryani with Nann bread
Pudding: Peaches and Evaporated milk

Friday: Vegetable Fajitas in a tangy sauce with tortilla wraps and nachos
Pudding: White chocolate rice crispy cake

Halal and vegetarian included in all our menus



Little Swans Menu

Week Three

Monday: Vegetable Pasta Bake
Pudding: Eton mess with ice cream

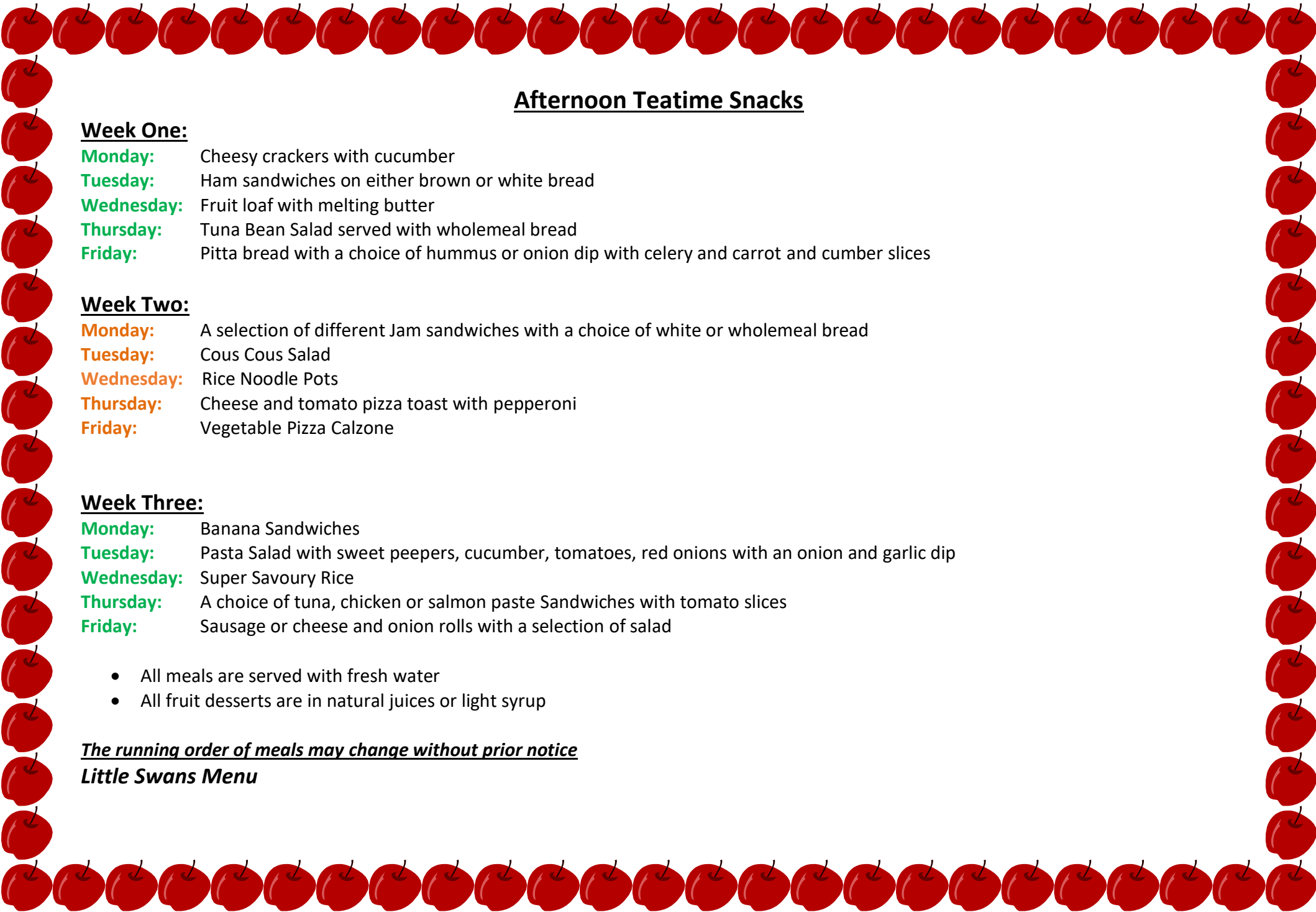
Tuesday: Chicken roast dinner with potatoes in skins, mixed vegetables and a chicken gravy
Pudding: Warm rice pudding with dried fruit

Wednesday: Filled pitta breads with homemade vegetable cous cous in a vegetable stock
Pudding: Victoria strawberry sponge with warm custard

Thursday: Simple spaghetti bolognese in a tomato and mushroom sauce
Pudding: Homemade chocolate chip cake with a swirl of dream topping

Friday: Sweet and sour chicken with wholemeal brown rice and prawn crackers
Pudding: Chocolate and banana whip

Halal and vegetarian included in all our menus



Afternoon Teatime Snacks

Week One:

- Monday:** Cheesy crackers with cucumber
Tuesday: Ham sandwiches on either brown or white bread
Wednesday: Fruit loaf with melting butter
Thursday: Tuna Bean Salad served with wholemeal bread
Friday: Pitta bread with a choice of hummus or onion dip with celery and carrot and cucumber slices

Week Two:

- Monday:** A selection of different Jam sandwiches with a choice of white or wholemeal bread
Tuesday: Cous Cous Salad
Wednesday: Rice Noodle Pots
Thursday: Cheese and tomato pizza toast with pepperoni
Friday: Vegetable Pizza Calzone

Week Three:

- Monday:** Banana Sandwiches
Tuesday: Pasta Salad with sweet peppers, cucumber, tomatoes, red onions with an onion and garlic dip
Wednesday: Super Savoury Rice
Thursday: A choice of tuna, chicken or salmon paste Sandwiches with tomato slices
Friday: Sausage or cheese and onion rolls with a selection of salad

- All meals are served with fresh water
- 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: An assortment of dried fruit which includes: Raisins, sultanas and currants

All snacks are served with water or cow's milk



Little Swans Day Nursery

Summer Menu 2018

** All meals are served with fresh water

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