



## ***Little Swans Winter Menu***    *October 2019 - March 2020*

### **Week One**

**Monday:** Chicken Korma with mushrooms, white fluffy rice, peas and sweetcorn

**Pudding:** Strawberry Swiss Roll Cake and warm custard

**Tuesday:** Fish Fingers, potato letters and spaghetti hoops in a tomato sauce

**Pudding:** Jam Tart with a dream topping

**Wednesday:** Homemade pork and beef sausage casserole with boiled potatoes in skins, spinach, cabbage and carrots in a tasty beef stock gravy

**Pudding:** Chocolate log with warm custard

**Thursday:** Vegetable Stir fry with rice noodles

**Pudding:** Homemade Apple Pie and Squirty Cream

**Friday:** Chicken Stew, boiled potatoes, mixed vegetables and dumplings with bread for dipping.

**Pudding:** Strawberry Whip

***Halal and vegetarian alternatives included in all our menus***



## Week Two

**Monday:** Chicken nuggets, sweetcorn and peas with oven chips and ketchup

**Pudding:** Creamy Rice Pudding and a helping of sticky strawberry jam

**Tuesday:** Tuna and vegetable pasta bake with a tomato base and crispy cheese topping

**Pudding:** Homemade sponge with creamy dream topping

**Wednesday:** Yummy corned beef hash with broccoli and carrots in a delicious beef gravy

**Pudding:** Bananas and Custard

**Thursday:** Jacket potato with cheese, baked beans and warm garlic bread

**Pudding:** Chocolate sponge with evaporated milk

**Friday:** Tangy chilli con carne made with a mild tomato sauce with homemade potato wedges

**Pudding:** Strawberry and chocolate whip

*Halal and vegetarian alternatives included in all our menus*



### ***Little Swans Menu***

#### **Week Three**

**Monday:** Simple spaghetti bolognaise with penne pasta in a tomato sauce

**Pudding:** Chocolate Swiss roll and Creamy custard

**Tuesday:** Cottage Pie and baked beans

**Pudding:** Warm Scone jam and dream topping

**Wednesday:** Bangers and Mash (Pork and beef) with green beans and cabbage with homemade onion gravy and Yorkshire pudding

**Pudding:** Peach slices and natural yoghurt

**Thursday:** Chicken Fajitas with warm tortilla wraps

**Pudding:** Homemade chocolate chip cake and custard

**Friday:** Sweet and sour chicken with a wholemeal rice

**Pudding:** Creamy butterscotch whipped delight

***Halal and vegetarian included in all our menus***

## Afternoon Teatime Snacks

### Week One:

- Monday:** Tomato soup and wholemeal/white bread slices  
**Tuesday:** Cheese and tomato Pizza Toast  
**Wednesday:** Warm crumpets with melting butter and cheese spread  
**Thursday:** Scones and Jam  
**Friday:** Chopped tomatoes on toast

### Week Two:

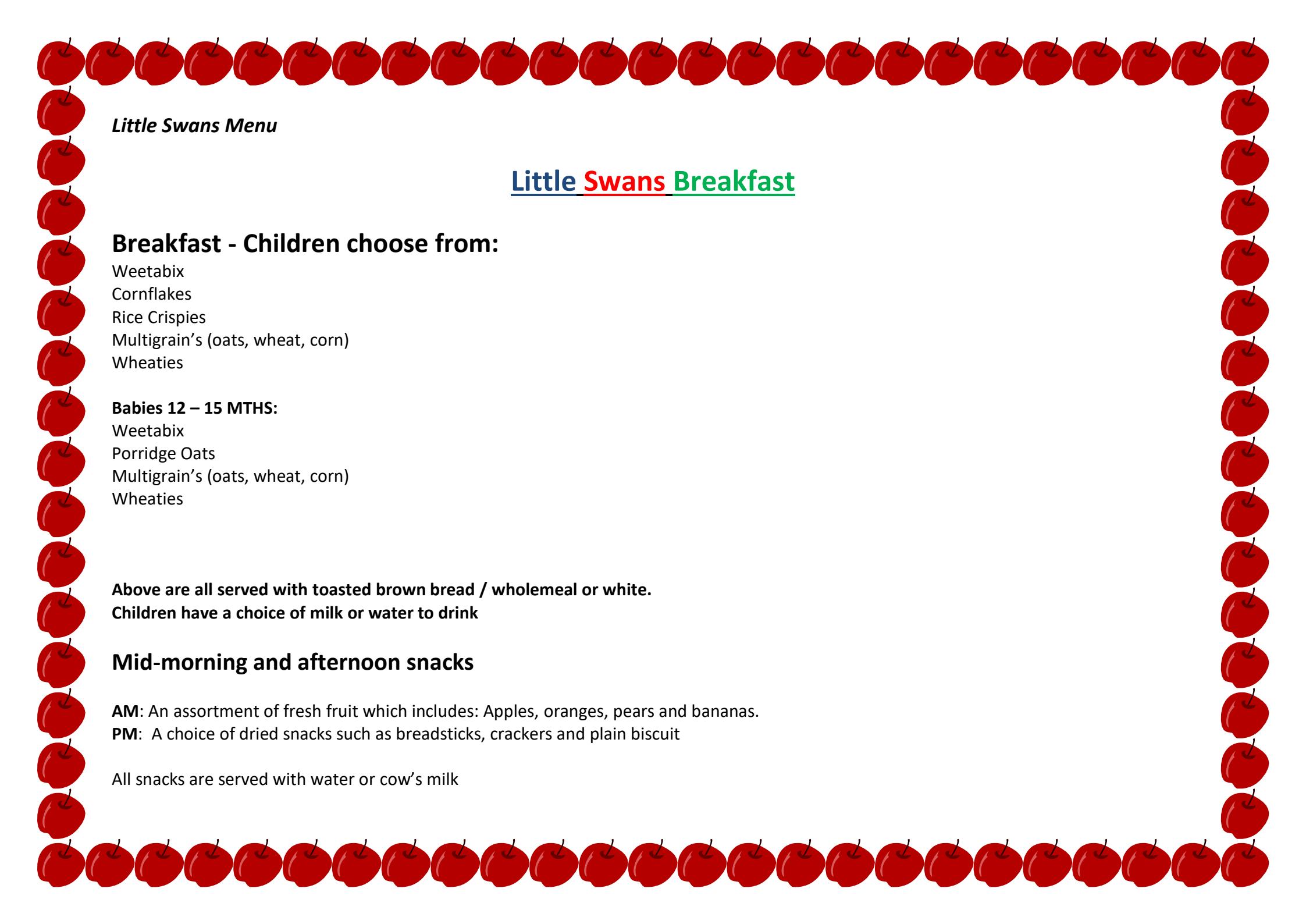
- Monday:** Spaghetti or spaghetti hoops on toast  
**Tuesday:** Banana sandwiches with white/wholemeal bread  
**Wednesday:** Beans on toast  
**Thursday:** Ravioli (meat or meat free) with white/wholemeal bread  
**Friday:** Cheddar cheese sandwiches with sliced tomato made with white/wholemeal bread

### Week Three:

- Monday:** Fruit bread  
**Tuesday:** Warm honey pancakes with banana slices  
**Wednesday:** Vegetable soup with wholemeal or white bread soldiers  
**Thursday:** Ham Sandwiches with tomato slices  
    Halal and Vegetarian alternative: Quorn  
**Friday:** A choice of sausage or cheese rolls with a tangy tomato dip

- 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:** 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

## Winter Menu 2019 - 2020

\*\* All meals are served with fresh water

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