



***Little Swans Winter Menu***     *October 2018 - March 2019*

**Week One**

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

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

**Tuesday:** Fish Fingers, creamy mash potato 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 egg noodles

**pudding:** 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

**Tuesday:** Tuna and vegetable pasta bake with a tomato base and crispy cheese topping  
**Pudding:** Strawberry and chocolate mousse with sprinkles

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

**Thursday:** Cheese and potato pie with fluffy mash and baked beans  
**Pudding:** Chocolate sponge with evaporated milk

**Friday:** Tangy chilli con carne with homemade potato wedges  
**Pudding:** Fruit Cocktail and natural yoghurt

*Halal and vegetarian alternatives included in all our menus*



***Little Swans Menu***

**Week Three**

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

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

**Tuesday:** Cottage Pie and baked beans

**Pudding:** Warm Scone jam and cream

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

**Pudding:** Peach slices and evaporated milk

**Thursday:** Fisherman's pie with parsley sauce, green beans and carrots

**Pudding:** Butterscotch mousse

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

**Pudding:** Malt loaf and warm custard



***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:** Beans on toast  
**Friday:** Assorted jam sandwiches

### **Week Two:**

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

### **Week Three:**

- Monday:** Fruity scones with strawberry jam  
**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:** Chopped Tomatoes on Toast

- 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

## Winter Menu 2018 - 2019

\*\* All meals are served with fresh water

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