



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

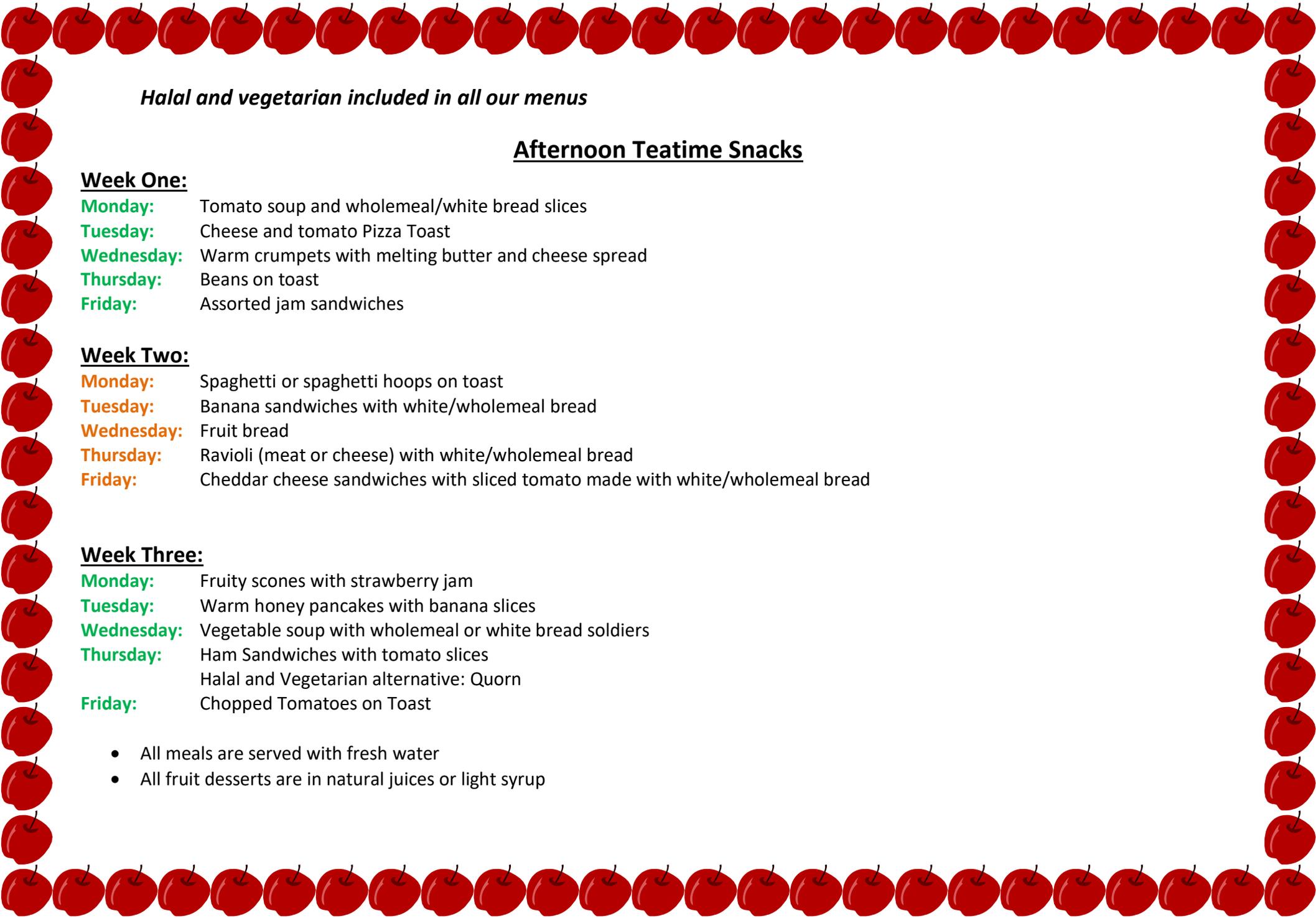
Pudding: Peach slices and evaporated milk

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

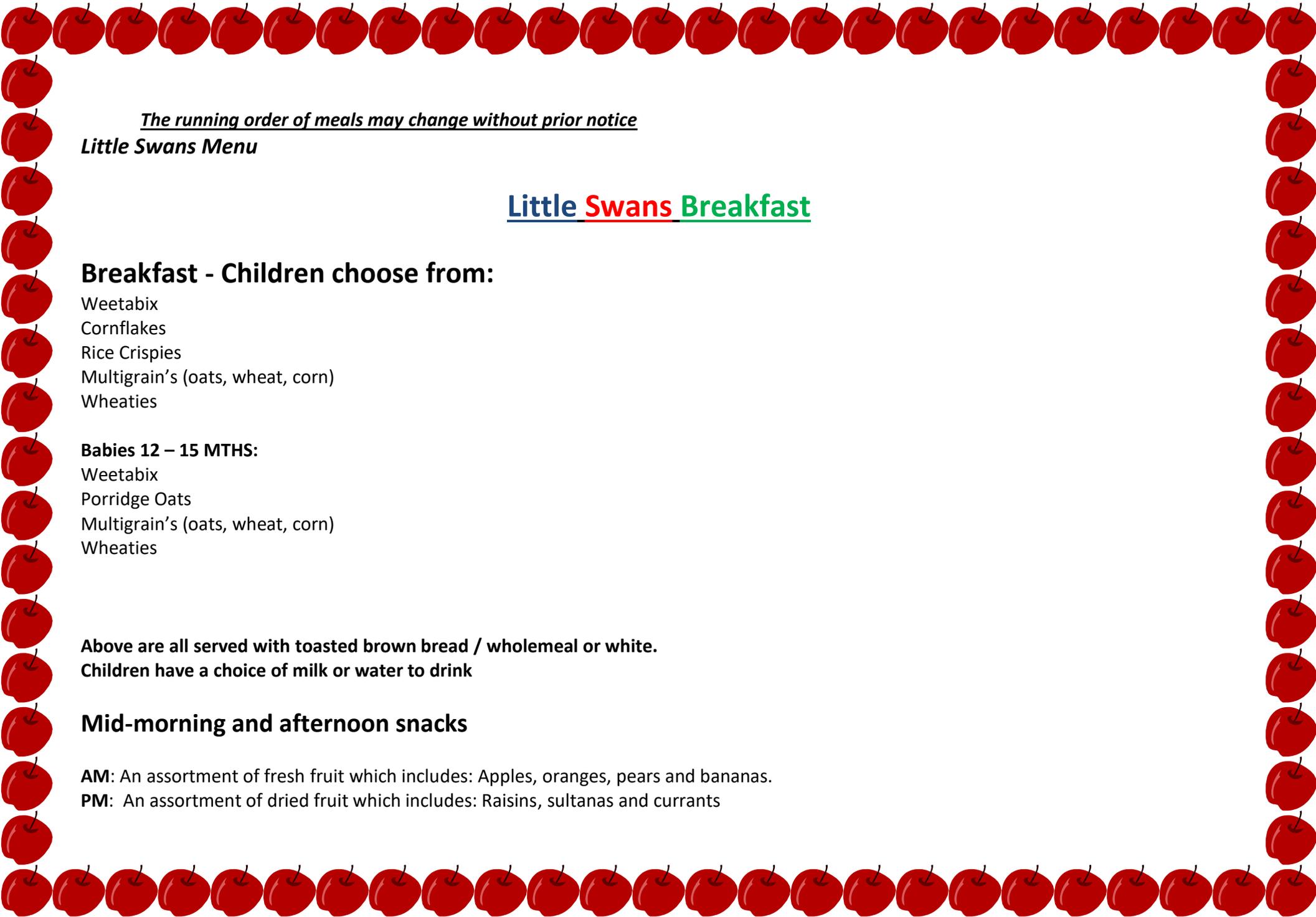
Week Two:

- 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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