

# Jack in the Box Nursery Menu

| <b>Week One</b>      | <b>Monday</b>  | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>   |
|----------------------|--|--|---|--|---|
| <b>Morning Snack</b> | Bread sticks   | Crackers   | Apple slices  | Fruit  | Bread sticks  |
| <b>Lunch</b>         | Tuna pasta bake cooked in a tomato and vegetable sauce with a melted cheese crust<br><br>Muller vitality healthy balance yoghurts or thick and creamy (Milk) | Chicken / vegan meatballs in gravy with boiled potatoes and freshly sliced mixed vegetables<br><br>Mixed fruit | Sweet potato curry with rice and naan breads<br><br>Frozen yoghurt (Milk) | Roast chicken, roast potatoes, fresh broccoli and gravy<br><br>Vegetarian jelly with fruit                     | Shepherds pie with a mashed potato topping and suede<br><br>Muller vitality healthy balance yoghurts or thick and creamy (Milk) |
| <b>Tea</b>           | Chicken nuggets and carrots, cucumber, and cherry tomatoes<br><br>Fresh fruit slices   | Mixed rolls and sweetcorn<br><br>Muller vitality healthy balance yoghurts or thick and creamy (Milk)           | Pizza pittas and cherry tomatoes<br><br>Banana slices                     | Cheese, Jam, and chicken sandwiches<br><br>Muller vitality healthy balance yoghurts or thick and creamy (Milk) | Spaghetti hoops and bread<br><br>Mixed fruit  |

All meals are substituted with a vegetarian option where required.

Fresh water and milk (full fat and semi-skimmed) are offered twice a day.

| <b>Week Two</b>      | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>                                       | <b>Friday</b>  |
|----------------------|---|---|--|---|--|
| <b>Morning Snack</b> | Apple slices  | Crackers  | Bread sticks   | Crackers  | Fruit  |
| <b>Lunch</b>         | Macaroni Cheese with freshly cut carrots and sweetcorn<br><br>Angel delight                                     | Meditation fish, boiled potatoes green beans<br><br>Yoghurt | Roast Turkey, roast potatoes, cauliflower and peas<br><br>Fruit            | Spaghetti bolognaise with garlic bread<br><br>Yoghurt | Chicken hot pot with freshly sliced saute potatoes.<br><br>Tinned fruit        |
| <b>Tea</b>           | Vegan sausage rolls, cherry tomatoes<br><br>Muller vitality healthy balance yoghurts or thick and creamy (milk) | Vegetable soup and bread<br><br>Mixed fruit                 | Vegetable nuggets, cucumber, and tomatoes<br><br>Jelly with fruit segments | Jacket potato beans and cheese<br><br>Sliced Banana   | Tuna mayo dip with red pepper, cucumber, and bread<br><br>Frozen iced smoothie |

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