

Berkshire Healthcare Winter Nursery Menu

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Tuna pasta bake cooked in a tomato and vegetable sauce with a side serving of vegetables Fruit Crumble with / without custard	Chef chicken special with wholemeal rice and a side serving of vegetables Fruit cocktail	Lamb or Beef hotpot with diced potatoes and a side serving of vegetables Yogurts	Roast dinner. Meat, potatoes and a side serving of vegetables Jelly	Chef's vegetarian special Fruit
Tea	Chicken / veggie nuggets, selection of veg sticks, and cheese slices	Potato selection with tuna, cheese or beans and veg sticks	Wholemeal sandwiches or rolls with a protein filling and sweetcorn	Chefs special	Crackers / bread with cheese and ham and a selection of veg sticks

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

Morning snack ranges between breadsticks and fruit.

Either fruit or a yoghurt is served after tea daily

Menus will be adapted to meet the needs of children who have dietary requirements (e.g. vegetarian), allergies or medical requirements.

Menus are subject to change

Berkshire Healthcare Winter Nursery Menu

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Pasta Bolognese with grated cheese and a side serving of vegetables Fruit platter	Hearty meat casserole with cous cous or jacket potatoes with a side serving of vegetables Fruit Sponge, with / without custard	Roast dinner. Meat, potatoes and a side serving of vegetables Fruit platter	Chef special with wholegrain rice and a side serving of vegetables Yogurts	Breaded fish with homemade oven chips and a side serving of vegetables or beans Tinned fruit with or without custard
Tea	Mixed rolls with a selection of veg sticks	Salmon or omega 3 fish fingers with beans or spaghetti hoops	Wholemeal sandwiches or rolls with a protein filling and a selection of veg sticks	Pizza slices and a selection of veg sticks with dip or salsa	Chef special

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Morning snack ranges between breadsticks and fruit.
Either fruit or a yoghurt is served after tea, daily

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