

Berkshire Healthcare Nursery Menu - Spring / Summer

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 cocktail	Chef chicken special with wholemeal rice and a side serving of vegetables Ice-cream	Roast dinner, meat, potatoes and a side serving of vegetables Fruit sponge with / without custard	Meaty casserole, cous-cous and a side serving of vegetables Jelly	Veggie burger (Quorn, lentil), new potatoes and a side serving of vegetables Yoghurt
Tea	Chicken / veggie nuggets, selection of veg sticks, cheese slices and breadsticks	Mixed rolls / wholemeal sandwiches and sweetcorn	Chef special	Potato selection with tuna, cheese, baked beans or veg sticks	Crackers / bread, cheese, ham, 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.

A variety of vegetables will be offered across the week.

Mixed rolls, sandwiches and wraps will include protein fillings.

Menu's will be adapted to meet the needs of children who have allergies / medical requirements.

Menus are subject to change.

