

Berkshire Healthcare Nursery Menu

<u>Week One</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Breadsticks	Fresh melon and bananas	Crackers	Rice cakes	Fresh pineapple and apple
Lunch	Tuna (or Quorn) pasta cooked in a tomato and vegetable sauce with a sprinkle of grated cheese, side serving of green peas 1 ice-cream scoop and fruit	Chicken (or lentil) curry with wholemeal rice, side serving of spinach Yoghurt	Roast turkey or pork dinner (or vegetable butter bean / kidney bean bake), potatoes, side serving of roasted carrots, parsnips and gravy Fruit platter	Meaty (or vegetarian mixed bean) casserole, cous-cous, side serving of cabbage and broccoli Mandarin jelly	Pepper, chickpea and lentil risotto / rice dish with side serving of sweetcorn Fruit sponge with / without custard
Tea	Cheese, spinach and egg baby omelette, selection of veg sticks, with sliced naan bread Yoghurt	Mixed rolls (e.g. turkey, chicken, ham, egg mayonnaise, cheese) wholemeal sandwiches and sweetcorn Fresh fruit	Sausage (or vegetable) pastry with a 3 bean and veg salad Yoghurt	Jacket potato with tuna mayo or cheese with reduced salt and sugar baked beans Fresh fruit	Crumpets, muffins or wraps with cheese, egg and veg sticks Yoghurt

In line with current guidance and to prevent choking, food is prepared and served to meet the needs of children under 5.

Breakfast consists of a selection of 3 cereals and toast offered daily.

Fresh fruit includes apples, bananas, oranges, pineapple, watermelon, honeydew melon, raspberries, pears, peaches.

Fresh water and milk (full fat and semi-skimmed) are offered twice a day with meals and water is available throughout the day.

Vegetables include carrots, peas, broccoli, cabbage, sweet corn, green beans, cauliflower, sweet potatoes, potatoes, parsnips, spinach.

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

Menus are subject to change.

Mealtimes:

Breakfast: 7.30am-8am (last sitting at 8am) **Lunch:** 11.15am- 12.15pm (last sitting at 12.15pm)

Tea: 3pm-3.30pm (last sitting at 3.30pm)

Late afternoon snack: 5.45pm

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<u>Week Two</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Breadsticks	Fresh banana and apple	Rice cakes	Fresh pineapple and oranges	Crackers
Lunch	Pasta dish (e.g. spaghetti, meat or lentil Bolognese, macaroni cheese) with side salad	White fish in sauce (or marinated tofu) with homemade oven baked potato wedges, side serving of runner beans and sweetcorn	Sweet potato and cauliflower curry with lentils and beans, wholemeal rice with a side serving of peas	Roast turkey / pork dinner (or lentil bake) with potatoes, side serving of cabbage and carrots	Oriental chicken (or chickpea) dish with noodles or couscous, side serving of spinach
	Fruit platter	Eve's fruit pudding	Fruit platter	Low fat mango frozen yogurt	Fruit cocktail jelly
Tea	Mixed filled rolls / wholemeal sandwiches e.g. turkey, chicken, ham, cheese, with side serving of carrot batons and humous	Homemade pizza slices with tomato slices and pepper salsa	Filled ham, cheese, turkey, humous and cucumber wraps with side serving of beetroot	Bean pasta salad with grated carrot, grated cheese, shredded lettuce and tomato and peas	Salmon / Omega 3 fish fingers (or fishless fingers) with reduced salt and sugar baked beans with wholemeal bread slices
	Yoghurt	Fresh fruit	Yoghurt	Fresh fruit	Yoghurt

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