



# Lyn's little ones Day nursery



## MENU- WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal  Water or milk	Choice of cereal  Water or milk	Choice of cereal  Water or milk	Choice of cereal  Water or milk	Choice of cereal  Water or milk
Snack	Breadsticks with sour cream and chive dip Cucumber and carrot sticks  Milk or water	Warm flatbread with hummus Carrot batons and tomato wedges  Milk or water	Croissants Choice of fresh fruit  Milk or water	Bagels with fish pate Carrots and cucumber sticks  Milk or water	Crackers with cheese Celery sticks and grapes  Milk or water
Lunch	Chinese chicken and mushroom curry with rice and prawn crackers	Chilli con carne with rice and nachos	Gammon roast dinner Selection of vegetables	Sausage, mash potato and yorkshire pudding with vegetables	Fish, homemade chips and peas
Vegan/ vegetarian/ dairy free	Quorn and mushroom curry, rice and crackers	Roast vegetables with rice and vegetables	Quorn roast dinner with vegetables	Vegetarian sausages with mash and spaghetti	Vegetable cakes with homemade chips and peas
Dinner	Chicken lasagna and garlic bread	Cornbeef hash with a crunchy cheese topping and beans	Caribbean pepperpot stew	Pitta pizzas with a selection of toppings And potato wedges	Pasta bolognese bake With a tomato bruchetta
Vegan/ vegetarian/ dairy free	Quorn lasagna and garlic bread	Potato, swede and carrot hash with gravy	Sweet potato and bean stew	Pitta pizzas with a selection of toppings And potato wedges	Quorn bolognese bake

**\* Fruit or yoghurt will be offered after dinner each day**



## Lyn's little ones Day nursery



### MENU- WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal and toast  Water or milk	Choice of cereal and toast  Water or milk	Choice of cereal and toast  Water or milk	Choice of cereal and toast  Water or milk	Choice of cereal and toast  Water or milk
Snack	Croissants Choice of fresh fruit  Milk or water	Crackers with cheese Celery sticks and grapes  Milk or water	Bagels with fish pate Carrots and cucumber sticks  Milk or water	Breadsticks with sour cream and chive dip cucumber and carrot sticks  Milk or water	Warm flatbread with hummus carrot batons and tomato wedges Milk or water
Lunch	Turkey jalfrezi with rice and naan bread	Meatballs in tomato sauce and spaghetti served with peas and sweetcorn	Chicken supreme with roast potatoes and green beans	Cottage pie with vegetables	Ham and pea pasta bake With a cheese and tomato bread
Vegan/ vegetarian/ dairy free	Quorn jalfrezi with rice and naan bread	Roasted vegetables with spaghetti in a tomato sauce	Quorn chicken supreme with roast potatoes and green beans	Quorn cottage pie	Cauliflower and brocolli pasta bake
Dinner	Chicken goujons with sweet potato wedges and spaghetti	Fish cakes, waffles and beans	Burgers in onion gravy with potato wedges and peas	Creamy chicken and brocolli pasta bake With Garlic bread	Chicken and sweetcorn soup Pork noodle stir fry
Vegan/ vegetarian/ dairy free		Vegetable cakes	Vegetable burgers	Creamy quorn chicken and brocolli pasta bake	Vegetable stir fry

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# Lyn's little ones Day nursery



## MENU- WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal Water or milk	Choice of cereal Water or milk	Choice of cereal Water or milk	Choice of cereal Water or milk	Choice of cereal Water or milk
Snack	Bagels with fish pate Carrots and cucumber sticks Milk or water	Breadsticks with sour cream and chive dip Cucumber and carrot sticks Milk or water	Crackers with cheese Celery sticks and grapes Milk or water	Warm flatbread with hummus Carrot batons and tomato wedges Milk or water	Croissants Choice of fresh fruit Milk or water
Lunch	Cumberland pie and a selection of vegetables	Scouse with red cabbage and bread and butter	Cheesy chicken risotto	Spaghetti bolognese and garlic bread	Ocean fish pie and green beans
Vegan/ vegetarian/ dairy free	Quorn Cumberland pie and a selection of vegetables	Vegetable casserole	Leek and vegetable risotto	Quorn spaghetti bolognese	Vegetable pie with mash potatoes and green beans
Dinner	Fish, homemade chips and peas	Quiche, chips and beans	5 bean chilli with sour cream, cheese and wedges	Chicken and vegetable pie with mash potatoes and gravy	Braised sausages in onion gravy with roast potatoes and baby corn
Vegan/ vegetarian/ dairy free	Vegetable cakes with homemade chips and peas		5 bean chilli with sour cream, cheese and wedges	Vegetable pie with mash potatoes and gravy	Braised vegetarian sausages in onion gravy with roast potatoes and baby corn

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# Lyn's little ones Day nursery



## MENU- WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal Water or milk	Choice of cereal Water or milk	Choice of cereal Water or milk	Choice of cereal Water or milk	Choice of cereal Water or milk
Snack	Crackers with cheese Celery sticks and grapes  Milk or water	Bagels with fish pate Carrots and cucumber sticks  Milk or water	Warm flatbread with hummus Carrot batons and tomato wedges  Milk or water	Croissants Choice of fresh fruit  Milk or water	Breadsticks with sour cream and chive dip Cucumber and carrot sticks  Milk or water
Lunch	Lasagna with baby carrots and peas	Chicken casserole with boiled potatoes	5 bean chilli with sour cream, cheese and wedges	Toad in the hole with mash, peas and gravy	Fish cakes with homemade chips, peas and bread and butter
Vegan/ vegetarian/ dairy free	Made with quorn mince and dairy free sauce	Quorn chicken casserole	5 bean chilli with sour cream, cheese and wedges	Vegetarian sausages with mash, peas and gravy	Vegetable cakes with homemade chips, peas and bread and butter
Dinner	Cheese and spinach puffer tarts with chips and beans	Macaroni cheese with garlic bread	Ham and mushroom taquitos with cheese and peppers served with a mexican rice	Vegetable soup with cheese and onion bread	Bagel pizzas and sweet potato wedges
Vegan/ vegetarian/ dairy free		Dairy free Macaroni cheese	Mushroom taquitos with cheese and peppers	Vegetable ravioli	

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