

Little Robins Nursery Weekly Menu

Week beg - 03rd July / 31st July / 28th August

| 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|---|
| Breakfast | Breakfast at home | | | | |
| Morning snack  | Milk / Water Cornbread and Fruit | Milk / Water Breadsticks and Fruit | Milk / Water Sultana Scones and Fruit | Milk / Water Crispbreads and Fruit | Milk / Water Rice Cakes with Butter and Fruit |
| Main lunchtime meal | Spaghetti Carbonara served with Broccoli Florets | Fish and Summer Vegetable Pie with sweetcorn and carrots | Tomato and Mozzarella Quiche with Roast New Potatoes and Green Beans | Chicken and Red Pepper Stir Fry served with Wholemeal Noodles | Cheesy Beef and Aubergine Bake with Cous Cous and Broccoli |
| Drinks | Water | Water | Water | Water | Water |
| Vegetarian or special diet | Spaghetti Carbonara (with Quorn pieces) served with Broccoli Florets | Summer Vegetable Pie with Sweetcorn and Carrots | Tomato and Mozzarella Quiche with Roast New Potatoes and Green Beans | Veggie Chicken and Red Pepper Stir Fry served with Wholemeal Noodles | Quorn Mince and Aubergine Bake with Cous Cous and Broccoli |
| Pudding | Summer Fruit Smoothies | Oaty Crumble Topped Mango Tarts | Pears and Vanilla Yogurt | Homemade Lemon and Poppy Seed Muffins | Fruit Salad and Greek Yogurt |
| Afternoon snack | Selection of fresh fruit | Selection of fresh fruit | Selection of fresh fruit | Selection of fresh fruit | Selection of fresh fruit |
| High tea | Chicken and Vegetable Fajitas | French Stick Ham or Cheese and Tomato Pizza with Salad Sticks | Wholemeal Pasta with homemade Pesto, Cherry Toms, and Peas | Jacket Potatoes with Cheese and Homemade Coleslaw | Turkey and Tomato Rolls with Cucumber Sticks |
| Supper | We recommend that you offer a carb & protein style snack at home to ensure a balanced intake of energy rich nutrients | | | | |


Little Robins Nursery Weekly Menu

Week beg - 10th July / 07th Aug / 04th Sept

| 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|--|
| Breakfast | | Breakfast at home | | | |
| Morning snack  | Milk / Water Bread Sticks and Fruit | Milk / Water Sultana Scones | Milk / Water Crispbreads and Fruit | Milk / Water Cheese Cubes and Fruit | Milk / Water Cornbread and Fruit |
| Main lunchtime meal | Teriyaki Salmon Fillets with Brown Rice and Broccoli | Chicken and Roasted Mediterranean Veg with Cous Cous | Macaroni Cheese with Hidden Veg, Butterbeans and French Stick | Moroccan Lamb Stew with Rice and Veg | Pesto Chicken with New Potatoes, Peas and Carrots |
| Drinks | Water | Water | Water | Water | Water |
| Vegetarian or special diet | Teriyaki Quorn Fillets with Brown Rice and Broccoli | Veggie Chicken and Roasted Mediterranean Veg with Cous Cous | Macaroni Cheese with Hidden Veg, Butterbeans and French Stick | Moroccan Lentil Stew with Rice and Veg | Pesto Veggie Chicken with New Potatoes, Peas and Carrots |
| pudding | Bananas and Custard | Mini Apple Pies with Cinnamon Cream | Tropical Fruit and Oat Topped Crumble | Homemade Sultana Scones | Rice Pudding and Strawberry Puree |
| Afternoon snack | Selection of fresh fruit | Selection of fresh fruit | Selection of fresh fruit | Selection of fresh fruit | Selection of fresh fruit |
| High tea | Tomato and Mixed Bean Pasta with Grated Cheese | Tuna Mayo and Sweetcorn Baguettes with Salad. (Cheese will be provided as a Veggie Option) | Roast New Potato Wedges with Baked Beans and Veg Sticks | Wholemeal Tortilla Wraps with Chicken Goujons and Salad | Summer Vegetable and Bean Pasta Salad |
| Supper | | We recommend that you offer a carb & protein style snack at home to ensure a balanced intake of energy rich nutrients | | | |


Little Robins Nursery Weekly Menu

Week beg - 17 July / 14th Aug / 11 Sept

| 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|--|
| Breakfast | Breakfast at home | | | | |
| Morning snack  | Milk / Water Sultana Scones with Fruit | Milk / Water Crisp Breads with Fruit | Milk / Water Rice Cakes with Butter and Fruit | Milk / Water Cornbread's and Fruit | Milk / Crackers Bread Sticks and Fruits |
| Main lunchtime meal | Meat Free Sausages with Sweet Potato Mash and Broccoli | Ginger Stir Fry Pork with Mange Tout and Wholemeal Noodles | Chicken Tikka with White Rice and Green Beans | Vegetable and Lentil Lasagne with French Stick and Peas | Crispy Coated Fish Fillets with Carrots and Potato Wedges |
| Drinks | Water | Water | Water | Water | Water |
| Vegetarian or special diet | As Above | Ginger Stir Fry Quorn Pieces with Mange Tout and Wholemeal Noodles | Veggie Chicken Tikka with White Rice and Green Beans | As Above | Crispy Coated Fish Fillets with Carrots and Potato Wedges |
| Pudding | Summer Fruit Smoothies | Crumble Topped Peach Tarts | Cinnamon Spiced Apple with Greek Yogurt | Zesty Orange and Carrot Cupcakes | Fruit Salad with Vanilla Yogurt |
| Afternoon snack | Selection of fresh fruit | Selection of fresh fruit | Selection of fresh fruit | Selection of fresh fruit | Selection of fresh fruit |
| High tea | Chicken and Veg Fajitas (Cheese available for Veggie) | Pasta with Homemade Pesto, Cherry Toms and cucumber | Jacket potato with Tuna, Cheese and Sweetcorn | Wholemeal rolls with Ham and Salad | Wholemeal French Stick Pizza with Salad |
| Supper | We recommend that you offer a carb & protein style snack at home to ensure a balanced intake of energy rich nutrients | | | | |

Little Robins Nursery Weekly Menu

Week beg - 24th July / 21st Aug / 18th Sept

| 4 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|--|
| Breakfast | Breakfast at home | | | | |
| Morning snack  | Milk / Water Crisp Breads with Butter and Fresh Fruit | Milk / Water Rice Cakes with Butter and Fresh Fruit | Milk / Water Corn Breads and Fresh Fruit | Milk / Water Breadsticks with Fresh Fruit | Milk / Water Sultana Scones |
| Main lunchtime meal | Crunchy Topped Tuna Pasta Bake with Summer Salad | Three Bean Chilli with Wholemeal Tortilla Chips, Guacamole and Peppers | Wholemeal Spaghetti and Meatballs in Tomato and Spinach Sauce | Chicken and Broccoli Pie with New Potatoes and Carrots | Lamb and Butterbean topped Pie with Cauliflower |
| Drinks | Water | Water | Water | Water | Water |
| Vegetarian or special diet | Cheesy Pasta Bake | Three Bean Chilli with Wholemeal Tortilla Chips, Guacamole and Peppers | Wholemeal Spaghetti and Veggie Meatballs in Tom and Spinach Sauce | Chicken and Broccoli Pie with New Potatoes and Carrots | Mixed Bean topped Pie with Cauliflower |
| Pudding | Pears in Cocoa Custard | Mini Apple Pies with Cinnamon Cream | Tropical Fruit Oat Topped Crumble | Homemade Apricot Scones | Rice Pudding with Blueberry and Strawberry Puree |
| Afternoon snack | Selection of fresh fruit | Selection of fresh fruit | Selection of fresh fruit | Selection of fresh fruit | Selection of fresh fruit |
| High tea | Roast New Potato's with Bean and Carrot Sticks | Tuna and Sweetcorn Baguettes with Salad | Chicken Goujons with Lettice and Potato Salad | Tomato and Mixed Bean Pasta, Grated Cheese Cucumber Sticks | Summer Vegetable Wholemeal Pasta Salad |
| Supper | We recommend that you offer a carb & protein style snack at home to ensure a balanced intake of energy rich nutrients | | | | |