

Little Robins Nursery weekly menu

3rd Feb, 02nd March, 30th March, 27th April

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast at home				
Morning Snack	Pitta fingers with a selection of fresh fruit	Oatcakes with a selection of fresh fruit	Rice cakes with a selection of fresh fruit	Breadsticks with a selection of fresh fruit	Bread and butter with a selection of fresh fruit
Main Lunchtime Meal	Mild chicken curry With mangetout, baby corn, spinach and basmati rice	Cottage Pie with Broccoli and carrots	Roast pork and roast potatoes with seasonal veg	Homity pie, with peas, carrots and sweetcorn	Teriyaki salmon with new potatoes and green beans
Vegetarian Option	Mild Quorn Curry	Mushroom and mixed bean pie	Mexican chickpea, pepper and bean stew	As above	Teriyaki Quorn with new potatoes and green beans
Pudding	Apricot and ginger pudding	Fresh Pineapple and Blueberries with Greek Yoghurt	Pear and Raspberry Crumble	Fruit Smoothie	Banana Bread
High Tea	Pasta with homemade tomato and veg sauce and grated cheese	Vegetarian hot dogs with salad	Red lentil and chorizo soup with wholemeal rolls	Jacket Potatoes with cheese and homemade coleslaw	Wholemeal pittas with hummus and veg 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

10th Feb, 09th March, 06th April, 04th May

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast at home				
Morning Snack	Crumpets with a selection of fresh fruit	Breadsticks with a selection of fresh fruit	Brioche buns with a selection of fresh fruit	Rice cakes with a selection of fresh fruit	Cream crackers and cheese with a selection of fresh fruit
Main Lunchtime Meal	Lamb Hotpot with roast parsnips, savoy cabbage and peas	Turkey meatballs in a tomato and vegetable sauce with spaghetti and grated cheese, served with a side of veg	Chilli con carne with long grain rice and sour cream	Roast butternut squash, spinach and lentil lasagne with peas and wholemeal flatbreads	Fish Pie with green beans and carrots
Vegetarian Option	Hotpot made with Quorn pieces	Soya mince meatballs	Vegetable and mixed bean chilli	As above	Chickpea and cauliflower pie
Pudding	Peaches and custard	Fruit cake slices	Lemon and Blueberry Fool	Rice Pudding with mixed berries	Homemade fruit smoothies
High Tea	Ham and tomato rolls	Homemade Cream of Tomato Soup with cheese sandwiches on brown bread	Wraps with salad and cooked sliced chicken	Jacket potatoes with tuna, sweetcorn and mixed pepper mayo	Cheese scones with ham and 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

17th Feb, 16th March, 13th April, 11th May

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast at home				
Morning Snack	Plain croissants with a selection of fresh fruit	Bread and butter with a selection of fresh fruit	Oatcakes with a selection of fresh fruit	Rice cakes with a selection of fresh fruit	Breadsticks with a selection of fresh fruit
Main Lunchtime Meal	Spaghetti Bolognese with 5 veg, wholewheat spaghetti And grated cheese	Turkey, Bacon and Leek Pie with mashed potatoes and seasonal veg	Sweet and Sour Chicken and Noodles with vegetable egg fried rice	Vegetable and chickpea Tagine with herby couscous And mint yoghurt	Homemade fishcakes with peas, Carrots and sweet potato mash
Vegetarian Option	Vegetable and lentil Bolognese	Butternut Squash and goats cheese pie with mashed potato and seasonal veg	Sweet & Sour Quorn Fillet	As above	Mushroom and lentil cakes
Pudding	Orange polenta cake	Fruit scones	Fruit Smoothie	Apple and blackberry crumble	Cranberry and Coconut Flapjacks
High Tea	Pea and Ham Soup with soft white rolls	Savoury vegetable rice salad with ham	Jacket potatoes with baked beans and cheese	Chicken Pesto pasta bake	Ham and Cheese rolls 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

24th Feb, 23rd March, 20th April, 18th May

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast at home				
Morning Snack	Rice cakes with a selection of fresh fruit	Pitta bread fingers with a selection of fresh fruit	Breadsticks with a selection of fresh fruit	Bread and butter with a selection of fresh fruit	Cream crackers and cheese with a selection of fresh fruit
Main Lunchtime Meal	Roast Chicken with roast potatoes, broccoli, carrots, Cauliflower, green beans and gravy	Beef Lasagne with peas and garlic bread	Bacon and Cauliflower Cheese with broccoli, sweetcorn and garlic bread	Breaded fish fillets with new potatoes and mixed vegetables	Lamb and lentil Moussaka with peas and carrots
Vegetarian Option	Roast Quorn Fillet with roast potatoes, broccoli, carrots, Cauliflower, green beans and gravy	Soya Mince Lasagne with peas and garlic bread	Cauliflower Cheese with broccoli, sweetcorn and garlic bread	Breaded Quorn fillets with new potatoes and mixed vegetables	Mushroom and Lentil Moussaka with peas and carrots
Pudding	Peach and Pineapple Crumble	Strawberry Fool	Ginger and Sultana Oat Cookies	Tea Bread Slices	Apple Sponge Pudding
High Tea	Wholemeal rolls with ham and salad	Bagels with cream cheese and cucumber	Creamy salmon and pea tagliatelle	Minestrone Soup with soft white rolls	Wholemeal pittas with hummus and veg sticks
Supper	We recommend that you offer a carb & protein style snack at home to ensure a balanced intake of energy rich nutrients				