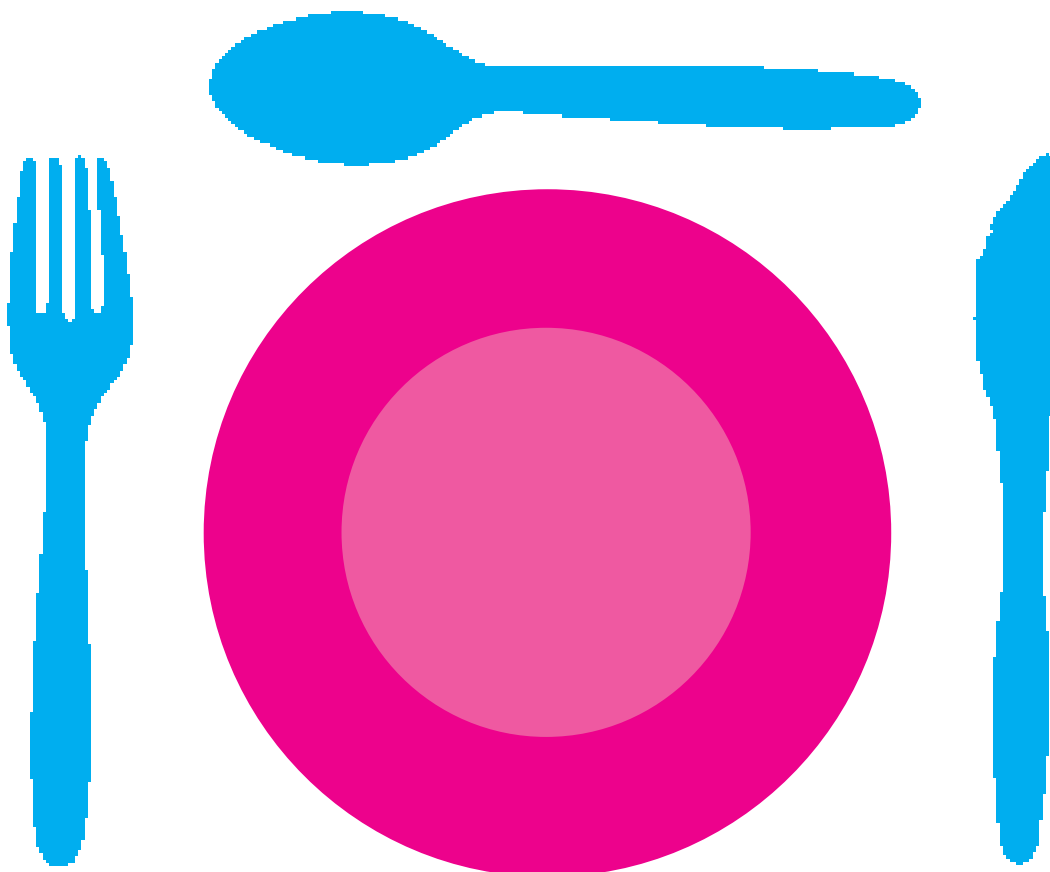




## Baby Room 4 week menu cycle

The Baby Room menu is arranged into 4 weekly groups of 5 days. Across the 5 days the meals and snacks provide a good balance of different food groups and have been agreed by our nutritionist to provide a good diet for the children in our care.

If your child has any special dietary requirements then please speak to the Nursery Manager to discuss alternatives.



## Week 1

<b>Mon</b>	<b>Breakfast 8-9am</b>	<b>Snack 10.30am</b>	<b>Lunch 12.30pm</b>	<b>Snack 3pm</b>	<b>Tea 5pm</b>
	A selection of cereals and fresh fruit	Fresh fruit Wholemeal toast and butter	Pasta Bolognaise Sultana scones or fruit	Fresh fruit	Beans on wholemeal toast with grated cheese

<b>Tues</b>	<b>Breakfast 8-9am</b>	<b>Snack 10.30am</b>	<b>Lunch 12.30pm</b>	<b>Snack 3pm</b>	<b>Tea 5pm</b>
	A selection of cereals and fresh fruit	Fresh fruit Toasted bagels with cream cheese	Salmon and spinach mash Banana cake or fruit	Fresh fruit	Butternut squash casserole

<b>Wed</b>	<b>Breakfast 8-9am</b>	<b>Snack 10.30am</b>	<b>Lunch 12.30pm</b>	<b>Snack 3pm</b>	<b>Tea 5pm</b>
	A selection of cereals and fresh fruit	Fresh fruit smoothie Breadsticks	Cottage pie Fromage frais or fruit	Fresh fruit	Mushroom and rice casserole

<b>Thurs</b>	<b>Breakfast 8-9am</b>	<b>Snack 10.30am</b>	<b>Lunch 12.30pm</b>	<b>Snack 3pm</b>	<b>Tea 5pm</b>
	A selection of cereals and fresh fruit	Fresh fruit and dried fruit Rice cakes	Roasted vegetables and mozzarella pasta Yoghurts or fruit	Fresh fruit	Baked potato with tuna mayonnaise and salad

<b>Fri</b>	<b>Breakfast 8-9am</b>	<b>Snack 10.30am</b>	<b>Lunch 12.30pm</b>	<b>Snack 3pm</b>	<b>Tea 5pm</b>
	A selection of cereals and fresh fruit	Fresh fruit Croissants	Caribbean chicken with couscous Flapjacks or fruit	Fresh fruit	Creamy tomato mackerel salad

## Week 2

<b>Mon</b>	<b>Breakfast 8-9am</b>	<b>Snack 10.30am</b>	<b>Lunch 12.30pm</b>	<b>Snack 3pm</b>	<b>Tea 5pm</b>
	A selection of cereals and fresh fruit	Fresh fruit yoghurt smoothie  Breadsticks	Mackerel and three bean casserole  Sultana scones or fruit	Fresh fruit	Tuna mayonnaise and ham sandwiches and salad

<b>Tues</b>	<b>Breakfast 8-9am</b>	<b>Snack 10.30am</b>	<b>Lunch 12.30pm</b>	<b>Snack 3pm</b>	<b>Tea 5pm</b>
	A selection of cereals and fresh fruit	Fresh fruit  Croissants	Chicken, bacon and spinach casserole  Yoghurts or fruit	Fresh fruit	Baked potato with colesaw and cheese

<b>Wed</b>	<b>Breakfast 8-9am</b>	<b>Snack 10.30am</b>	<b>Lunch 12.30pm</b>	<b>Snack 3pm</b>	<b>Tea 5pm</b>
	A selection of cereals and fresh fruit	Fresh fruit Rice cakes	Haddock and broad bean pasta  Banana cake or fruit	Fresh fruit	Tomato and courgette pasta

<b>Thurs</b>	<b>Breakfast 8-9am</b>	<b>Snack 10.30am</b>	<b>Lunch 12.30pm</b>	<b>Snack 3pm</b>	<b>Tea 5pm</b>
	A selection of cereals and fresh fruit	Fresh fruit  Popcorn	Chicken, butter bean and lentil casserole Mini babybel cheese or fruit	Fresh fruit	Tuna and sweetcorn pasta

<b>Fri</b>	<b>Breakfast 8-9am</b>	<b>Snack 10.30am</b>	<b>Lunch 12.30pm</b>	<b>Snack 3pm</b>	<b>Tea 5pm</b>
	A selection of cereals and fresh fruit	Fresh fruit and dried fruit  Breadsticks	Vegetable ratatouille and rice  Bananas and fresh custard or fruit	Fresh fruit	Cheesy vegetable pasta

## Week 3

<b>Mon</b>	<b>Breakfast 8-9am</b>	<b>Snack 10.30am</b>	<b>Lunch 12.30pm</b>	<b>Snack 3pm</b>	<b>Tea 5pm</b>
	A selection of cereals and fresh fruit	Fresh fruit and dried fruit Oatcakes	Ham and pea mash Toasted crumpets and jam or fruit	Fresh fruit	Chicken tagine with couscous

<b>Tues</b>	<b>Breakfast 8-9am</b>	<b>Snack 10.30am</b>	<b>Lunch 12.30pm</b>	<b>Snack 3pm</b>	<b>Tea 5pm</b>
	A selection of cereals and fresh fruit	Fresh fruit Wholemeal toast and butter	Salmon and broccoli pasta Semolina or fruit	Fresh fruit	Brown pitta pockets with grated cheese and humous and salad

<b>Wed</b>	<b>Breakfast 8-9am</b>	<b>Snack 10.30am</b>	<b>Lunch 12.30pm</b>	<b>Snack 3pm</b>	<b>Tea 5pm</b>
	A selection of cereals and fresh fruit	Fresh fruit Croissants	Beef and mushroom casserole Bananas and custard or fruit	Fresh fruit	Butternut squash casserole

<b>Thurs</b>	<b>Breakfast 8-9am</b>	<b>Snack 10.30am</b>	<b>Lunch 12.30pm</b>	<b>Snack 3pm</b>	<b>Tea 5pm</b>
	A selection of cereals and fresh fruit	Fresh fruit smoothie Rice cakes	Lamb and apricot casserole with rice Yoghurts or fruit	Fresh fruit	Creamy tomato mackerel on toast with salad

<b>Fri</b>	<b>Breakfast 8-9am</b>	<b>Snack 10.30am</b>	<b>Lunch 12.30pm</b>	<b>Snack 3pm</b>	<b>Tea 5pm</b>
	A selection of cereals and fresh fruit	Fresh fruit and dried fruit Oatcakes	Salmon and spinach mash and petit pois Scones or fruit	Fresh fruit	Lentil and vegetable casserole

## Week 4

Mon	Breakfast 8-9am	Snack 10.30am	Lunch 12.30pm	Snack 3pm	Tea 5pm
	A selection of cereals and fresh fruit	Fresh fruit Toasted bagels with cream cheese	Sweet chilli beef Yoghurts or fruit	Fresh fruit	Cheesy vegetable pasta

Tues	Breakfast 8-9am	Snack 10.30am	Lunch 12.30pm	Snack 3pm	Tea 5pm
	A selection of cereals and fresh fruit	Fresh fruit and dried fruit Wholemeal toast	Pasta Bolognese Croissants or fruit	Fresh fruit	Pitta pockets, crudites cheese and humous

Wed	Breakfast 8-9am	Snack 10.30am	Lunch 12.30pm	Snack 3pm	Tea 5pm
	A selection of cereals and fresh fruit	Fresh fruit Breadsticks	Tomato and basil pasta with hidden vegetables Toasted crumpets and jam or fruit	Fresh fruit	Vegetable ratatouille and rice

Thurs	Breakfast 8-9am	Snack 10.30am	Lunch 12.30pm	Snack 3pm	Tea 5pm
	A selection of cereals and fresh fruit	Fresh fruit Croissants	Sausage and tomato pasta Ice cream or fruit	Fresh fruit	Baked potato with humous and cheese

Fri	Breakfast 8-9am	Snack 10.30am	Lunch 12.30pm	Snack 3pm	Tea 5pm
	A selection of cereals and fresh fruit	Fresh fruit smoothie Rice cakes	Fish pie Banana cake or fruit	Fresh fruit	Sausage bean and lentil casserole