

Little Sailors Nursery Menu

Week 1	Mon	Tue	Wed	Thu	Fri
Breakfast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast
DC/N Snack am	Crackers with Butter	Satsuma	Bread Sticks	Sliced Banana	Biscuit
Main	Beef Lasagne	Jacket Potato	Chicken Tikka Masala	Fusilli Pasta	Fish Fingers
	Garlic Bread	Baked Beans	Rice	Carbonara Sauce	Chips
	Broccoli	Grated Cheese	Poppadum and Mango Chutney	Mixed Leaf and Crudités	Carrots
Plant based	Vegetarian Lasagne	Vegan Sausages Rolls	Chickpea Saag	Tomato Pasta	Baked Onion Tart Tatin
Desert	Marble Cake	Fruit Salad	Strawberry Jelly	Fruit Salad	Apricot Bakewell Tart
DC and N snack pm	Pancake with Maple syrup	Biscuit	Popcorn	Cheese twist	Apple Slices
Dc and N High Tea	Ham Sandwich on Wholemeal	Cheese Sandwich on Wholemeal	Margherita Pizza	Leek and Potato Soup	Tuna Wrap
	Vegetable Sticks Pom Bears	Vegetable Sticks and Pom Bears	Vegetable sticks	Buttered Bloomer	Vegetable Sticks and Pom Bears
DC/N High Tea Desert	Fruit salad	Trifle	Fruit Salad	Eton Mess	Fruit Salad

Note: These menus are designed for 6+ month. Babies will be offered the main lunch in the form that is age appropriate. Should the babies be in Day care all day they will be offered an alternative to the tea suggested should it not accommodate their age, we will make sure it is nutritionally balanced and not a repeat of lunch. All meals are carefully managed.

Little Sailors Nursery Menu

Week 2	Mon	Tue	Wed	Thu	Fri
Breakfast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast
DC/N Snack am	Banana	Apple Puree	Bread stick	Sliced Banana	Pear Puree
Main	Spicy Chicken, Potato and Vegetable Puree	Pasta bolognaise green bean and sweetcorn puree	Chicken and Chorizo stew with potato and carrot puree	Shepherd's Pie roasted potato and vegetable puree	Fish Fingers chip and pea puree
Plant based	Vegan burger with potato and vegetable puree	Pasta with Tomato Sauce and vegetable puree	Mexican Bean Stew with vegetables pureed	Vegetable Cottage Pie with vegetable puree	Jacket Potato Spicy Lentil Dahl puree
Dessert	Chocolate and beetroot cake puree	Fruit Salad puree	Vanilla, Coconut Rice Pudding puree	Fruit Salad puree	Lemon meringue Muffins puree
DC and N snack pm	Bread Sticks		Fruit Puree		Smoothie
Dc and N High Tea	Ham and vegetable Puree	Roasted Pepper and Tomato Soup and buttered bloomer	Pasta and sauce with vegetable puree	Sausage mash and vegetable puree	Jacket Potato, baked beans and cheese Puree
DC/N High Tea Dessert	Fruit Salad Puree	Sparkling Tropical Jelly	Fruit Salad Puree	Strawberry Mousse	Fruit Salad Puree

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Week 3	Mon	Tue	Wed	Thu	Fri
Breakfast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast	Cereals and Toast
DC/N Snack am	Apple Slice	Sausage Roll	Sultana's	Banana	Biscuit
Main	Beef Meatballs with Tomato Sauce	Chicken Shawarma with Khobez bread	Kings Beef Burger	Pasta	Cod Fish Fingers
	Cajun Potato Wedges	New Potato	Curly Fries	Tomato Sauce	Chips
	Carrots and Cauliflower	Green Beans	Sweetcorn	Green Beans and Courgette	Peas
Plant based	Vegan Meat Balls	Cherry Tomato Tart Tatin	Sweet Potato Bean Burger	Creamy Garlic Mushroom Sauce	Aubergine and Potato Tumbet
Desert	Lime Jelly	Fruit Salad	Butterscotch Mousse	Fruit Salad	Ice Cream
DC and N snack pm	Pancake with Maple syrup	Satsuma	Popcorn	Sliced Apple	Bread Sticks
Dc and N High Tea	Carrot and Coriander Soup	Cheese Sandwich on Wholemeal	Boiled Egg, bread sticks	Ham Wholemeal Bread	Baked Beans on Toast
	Buttered Bloomer	Vegetable Sticks and Pom Bears	Danish Potato Salad Vegetable sticks	Spinach, Rocket and Italian cheese Salad	Grated Cheese
DC/N High Tea Dessert	Fruit Salad	Shortbread	Fruit Salad	Orange and Chocolate Chip Biscuit	Fruit Salad

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