

Woodberry Day Nursery - Menu Week four

All special dietary needs will be met and agreed in consultation with parents/carers.

Day	Breakfast	Mid morning snack	Lunch & Dessert	High tea	Baby Lunch All with fresh fruit puddings.	Baby Tea
Mon	We provide a selection of cereals (with no added sugar or colours) with fresh whole milk, pancakes, porridge, croissants, toast and fresh fruit. To drink we have fresh juice, water and milk.	Selection of dried fruits. Water or milk.	Tomato and herb pasta with sweetcorn and peas. Fresh fruit	Selection of fresh sandwiches. Yoghurt, fruit Water.	Tomato and herb pasta with sweetcorn and peas. Water.	Carrot, peas and potato. Water.
Tues		Croissants. Water or milk.	Fresh cod in breadcrumbs & oven baked potatoes and seasonal vegetables. Fresh fruit	Sandwiches with veggie sticks. Cheese scones. Yogurt and water.	Fresh cod in breadcrumbs & oven baked potatoes and seasonal vegetables Water.	Cauliflower cheese. Water.
Wed		Selection of raw vegetables and fruits Water or milk.	Chicken & lentil stew, mashed potatoes and seasonal vegetables. Fresh fruit	Home made fish slice. Selection of sandwiches fresh salad. Water.	Chicken & lentil stew, mashed potatoes and seasonal vegetables. Water.	Pasta with fresh seasonal vegetables and lentils. Water.
Thurs		Pancakes. Water or milk.	Lasagne with vegetables. Water. Fresh fruit	Selection of fresh finger rolls. Carrot sticks. Home made pizza & water.	Lasagne with vegetables. Water.	Vegetable hotpot. Water.
Fri		Choice of cereals Water or milk.	Chicken in a savoury tomato based sauce with brown wholemeal rice with carrots Fresh fruit	Home made fish slice. Sandwiches salad Water.	Chicken in a savoury tomato based sauce with sweet potato or wholemeal rice & carrots	Sweet potato, chick pea and cauliflower mash. Water.