

Shardlow Hall Day Nursery Sample Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Breadsticks with dip	Variety of different melon slices	Oat cakes with carrot sticks	Pineapple and cheese slices	Cucumber sticks with dip
Lunch	Sweet and sour chicken with rice, broccoli, sweetcorn and prawn crackers	Chicken dinner, mashed potato, carrots, broccoli, and Yorkshire pudding	Fish pie with mixed vegetables, new potatoes, green beans and parsley sauce	Chicken and sweet potato curry with carrots, cauliflower and naan bread	Lentil and broccoli pasta bake with garlic bread
Pudding	Natural yoghurt with sliced peaches	Homemade blueberry muffins	Homemade fruit sorbet with strawberries	Homemade banana cake and custard	Homemade orange cookies with sliced oranges
Tea	Cheese on toast with fresh tomatoes	Pizza with pepper and carrot sticks	Hidden vegetable pasta bake	Homemade vegetable soup with bread	Whole meal toast with spaghetti/ baked beans on toast
Pudding	Homemade biscuits with oranges	Homemade fruit smoothies with chopped apples/pears	Homemade raisin flapjack	Natural yoghurt with oranges	Variety of chopped fruit with raisins

