

SHARDLOW HALL DAY NURSERY

MEAL PLAN

Week 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|---|
| Breakfast- selection of cereals or porridge with fresh fruit | | | | | |
| Morning Snack- wholemeal toast and fresh fruit served with milk | | | | | |
| Starter | - | - | Garlic bread | - | Melon medley |
| Lunch Main | Spanish vegetable pasta bake Hidden vegetable sauce Fresh vegetables | Cottage pie Cauliflower, carrot batons and green beans | Chickpea and cauliflower korma Brown rice Green beans and carrot batons | Turkey pie with gravy Yorkshire puddings Sweet potato slices, broccoli and carrot batons | Creamy tomato and basil linguine Tomato and vegetable sticks |
| Dessert | Greek yoghurt and strawberry compote | Cheese board with apple slices | - | Fromage frais | - |
| Weaning Option | Vegetable orzo pasta | Vegetable cottage pie with lentils | Chickpea, cauliflower and sweet potato mash | Mashed sweet potato and carrot puree | Chopped spaghetti with vegetable sauce |
| Afternoon Snack- fresh fruit or vegetable sticks served with milk | | | | | |
| Tea Main | Beans on toast Grated cheese | Selection of sandwiches Houmous and cucumber | Spaghetti hoops on toast Salad sticks | Selection of wraps Rainbow pepper slices | Jacket potato slice Tuna, cheese or beans |
| Dessert | Fresh fruit selection | Orange smiles | Bananas | Peaches and pear | Fresh fruit selection |
| Weaning Option | Mashed berries and yoghurt | Cheese spread on soft bread | Mashed banana and yoghurt | Stewed peach and oat mash | <i>All Babies:</i> Mashed potato with beans |

Children under 1 will be provided with our weaning option unless parents speak with management to request the main menu.

Dishes may differ for children with specific dietary requirements.



SHARDLOW HALL DAY NURSERY

MEAL PLAN

Week 2

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|---|
| Breakfast- selection of cereals or porridge with fresh fruit | | | | | |
| Morning Snack- wholemeal toast and fresh fruit served with milk | | | | | |
| Starter | Cucumber and houmous | Garlic bread | Melon medley | - | - |
| Lunch Main | Three bean chilli con carne Brown rice Green beans, carrot batons Pitta slice | Beef lasagne Green beans, carrot batons | Roast chicken dinner Carrot batons, broccoli, cauliflower Yorkshire pudding, mashed potato | Vegetable and lentil curry Brown rice Sweet potato, butternut squash, cauliflower | Fish Friday Mashed potato and parsley sauce Peas, carrot batons |
| Dessert | - | - | - | Greek yoghurt, banana slices | Rice pudding, fruit compote |
| Weaning Option | Lentil and butternut mash | <i>All Snowdrops:</i> Tomato and vegetable orzo | Carrot, potato and parsnip mash | Lentil and vegetable dhal (no spices) | Mashed carrot, potato and parsley sauce |
| Afternoon Snack- fresh fruit or vegetable sticks served with milk | | | | | |
| Tea Main | Jacket potato slice Cheese, tuna or beans | Fish finger wholemeal sandwich Vegetable sticks, tomato and basil dip | Selection of sandwiches Houmous and cucumber sticks | Cheese and broccoli muffins Takasaki dip and cucumber sticks | Selection of sandwiches Rainbow pepper sticks, salsa dip |
| Dessert | Banana slices | Pear sticks | Melon and mango | Fruit salad | Apple slices |
| Weaning Option | Banana and oat mash | Mashed pear with porridge | Mashed mango and couscous | Mashed berries and yoghurt | Cheese spread on soft bread |

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Dishes may differ for children with specific dietary requirements.



SHARDLOW HALL DAY NURSERY

MEAL PLAN

Week 3

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|--|
| Breakfast- selection of cereals or porridge with fresh fruit | | | | | |
| Morning Snack- wholemeal toast and fresh fruit served with milk | | | | | |
| Starter | - | - | Tortilla chips, cucumber and dips | - | Melon Medley |
| Lunch Main | Vegetable lasagne Carrot batons and green beans | Vegetarian broccoli and cheese quiche Potato wedges Salad sticks Baked beans | Spaghetti Bolognese Green beans and garden peas | Cottage pie with sweet potato mash Broccoli and cauliflower | Roast chicken dinner Carrot batons, broccoli, cauliflower Yorkshire pudding, mashed potato |
| Dessert | Banana, berry and coconut smoothie | Fromage Frais | - | Greek yoghurt Peach slice | - |
| Weaning Option | Creamy vegetable orzo | Vegetable and quinoa mash | Vegetable risotto | Lentil and vegetable pie | Courgette and broccoli mash |
| Afternoon Snack- fresh fruit or vegetable sticks served with milk | | | | | |
| Tea Main | Selection of sandwiches Houmous and cucumber sticks | Cheese and tomato pizza Vegetable sticks | Jacket potato slice Cheese, tuna or beans | Selection of sandwiches Houmous and cucumber sticks | Cheese and ham muffins Rainbow pepper sticks with salsa dip |
| Dessert | Melon and mango | Pear sticks | Apple slices | Banana | Fruit salad |
| Weaning Option | Mashed mango and pear | All Snowdrops: Vegetable orzo | Stewed peach and oat mash | Mashed banana and yoghurt | Mashed pear with porridge |

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SHARDLOW HALL DAY NURSERY

MEAL PLAN

Week 4

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|--|
| Breakfast- selection of cereals or porridge with fresh fruit | | | | | |
| Morning Snack- wholemeal toast and fresh fruit served with milk | | | | | |
| Starter | Garlic bread | - | - | Breadsticks with cheese dip | - |
| Lunch Main | Lentil and vegetable spaghetti Bolognese Garden peas Grated cheese | Roast chicken dinner Carrot batons, broccoli, cauliflower Yorkshire pudding, mashed potato | Three fish and cheese pie with mashed potato topping Green beans, garden peas, carrot batons Parsley sauce | Creamy tomato mascarpone pasta with hidden vegetable sauce Carrot batons | Mediterranean vegetables, lentils and chicken Couscous Feta cheese Tzatziki dip |
| Dessert | - | Melon and mango slices | Greek yoghurt with raspberry puree | - | Cheese board with apple slices |
| Weaning Option | Chopped spaghetti with vegetable sauce | Butternut squash, carrot and potato mash | Creamy vegetable pie with parsley sauce | Vegetable and lentil orzo pasta | Mediterranean vegetables, lentils and couscous |
| Afternoon Snack- fresh fruit or vegetable sticks served with milk | | | | | |
| Tea Main | Cheese and tomato pizza Vegetable sticks | Selection of wraps Rainbow pepper slices | Beans on toast Grated cheese | Fish finger wholemeal sandwich Vegetable sticks and dip | Selection of sandwiches Houmous and cucumber sticks |
| Dessert | Orange smiles | Peaches | Fruit salad | Apple slices | Banana |
| Weaning Option | Mashed berries with porridge | Cheese spread on soft bread | Vegetable orzo pasta | Stewed apple and yoghurt | Mashed mango and couscous |

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