

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	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	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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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	Vegetable orzo pasta	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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