



## Little Sprouts Nursery Summer Menu

**Breakfast: Jam on toast every morning**

### **Week 1**

	Monday	Tuesday	Wednesday	Thursday	Friday
--	--------	---------	-----------	----------	--------

**Morning Snack : selection of fruit with either a cracker, breadstick or rice cake**

<b><u>Lunch</u></b>	Mediterranean Chicken Rice & Green Beans	Jacket Potato Beans & Cheese	Homemade Meatballs & Tomato Sauce Spaghetti	Homemade Bacon & Cheese Quiche New Pots & Salad	Fish Fingers Chips & Peas
<b><u>Pudding</u></b>	Chocolate Shortbread Biscuits	Pineapple Sponge & Cream	Strawberry Cheesecake	Fresh Fruit Skewers	Blueberry Muffins

**Afternoon Snack: selection of Fruit with either a cracker, breadstick or rice cake**

### **Week 2**

	Monday	Tuesday	Wednesday	Thursday	Friday
--	--------	---------	-----------	----------	--------

**Morning Snack : selection of fruit with either a cracker, breadstick or rice cake**

<b><u>Lunch</u></b>	Jacket Potato Tuna & Salad Sticks	Chicken Lasagne & Garlic Bread	Burgers in a Bun With Salad Sticks	Barbeque Sausages & Rice Sweetcorn	Mac Cheese & Beef Bolognese
<b><u>Pudding</u></b>	Strawberry Trifle	Fresh Fruit Salad	Jelly & Ice Cream	Butterscotch Tart	Orange Drizzle Cake

**Afternoon Snack: selection of Fruit with either a cracker, breadstick or rice cake**

Tea: Every evening	Either A Choice of Sandwiches, Crumpets or Beans on Toast with Vegetable Sticks Dessert: A selection of Fruit Yogurts
--------------------	--



## Little Sprouts Nursery Summer Menu

**Breakfast: Jam on Toast Every Morning**

**Week 3**

	Monday	Tuesday	Wednesday	Thursday	Friday
--	--------	---------	-----------	----------	--------

**Morning Snack : selection of fruit with either a cracker, breadstick or rice cake**

<b><u>Lunch</u></b>	Chilli & Nachos with Salad	Cheese & Tomato Pizza & Salad Sticks	Fish Pie Pease & Carrots	Hot Dogs French Fries & Sweetcorn	Chicken Nuggets New Pots & Beans
<b><u>Pudding</u></b>	Apple & Peach Crumble & Ice Cream	Raspberry Meringue Nests with Cream	Cherry Flapjack	Jelly & Fruit	Iced Fruit Cake

**Afternoon Snack: selection of Fruit with either a cracker, breadstick or rice cake**

**Week 4**

	Monday	Tuesday	Wednesday	Thursday	Friday
--	--------	---------	-----------	----------	--------

**Morning Snack : selection of fruit with either a cracker, breadstick or rice cake**

<b><u>Lunch</u></b>	Cheese & Ham with Pasta & Salad	Chicken Tikka & Rice	CowBoy Pie Cheese Mash & Beans	Roast Gammon Roast Potatoes Mixed Veg	Tuna Fishcakes Potato Crougetts & Beans
<b><u>Pudding</u></b>	Chocolate & Banana Muffins	Lemon Cookies .	Rice Puddings	FruitFlan	Rice Crispie Cakes

**Afternoon Snack: selection of Fruit with either a cracker, breadstick or rice cake**

Tea: Every evening	Either A Choice of Sandwiches, Crumpets or Beans on Toast with Vegetable Sticks Dessert: A selection of Fruit Yogurts
--------------------	--



## Little Sprouts Nursery Autumn Menu

**Breakfast: Jam on toast every morning**

### **Week 1**

	Monday	Tuesday	Wednesday	Thursday	Friday
--	--------	---------	-----------	----------	--------

**Morning Snack : selection of fruit with either a cracker, breadstick or rice cake**

<b><u>Lunch</u></b>	Spaghetti Bolognese & Garlic Bread	Roast Chicken Roast Potatoes Broccoli & Carrots	Sausage Casserole	Macaroni Cheese Mixed Veg	Fishcakes Chips & Peas
<b><u>Pudding</u></b>	Apple Crumble & Custard	Fruit Flapjack	Chocolate Sponge & Chocolate Cake	Iced Sponge	Fruit Cookies

**Afternoon Snack: selection of Fruit with either a cracker, breadstick or rice cake**

### **Week 2**

	Monday	Tuesday	Wednesday	Thursday	Friday
--	--------	---------	-----------	----------	--------

**Morning Snack : selection of fruit with either a cracker, breadstick or rice cake**

<b><u>Lunch</u></b>	Chicken & Sweetcorn Pasta	Cottage Pie & Mixed Veg	Vegetable Bolognese & Garlic Bread	Fish Bite Chips & Beans	Chilli & Rice
<b><u>Pudding</u></b>	Syrup Sponge & Custard	Banana & Custard	Lemon Muffins	Carrot Cake	Apple & Blackberry Pie Custard

**Afternoon Snack: selection of Fruit with either a cracker, breadstick or rice cake**



**Breakfast: Jam on toast every morning**

**Week 3**

	Monday	Tuesday	Wednesday	Thursday	Friday
--	--------	---------	-----------	----------	--------

**Morning Snack : selection of fruit with either a cracker, breadstick or rice cake**

<b><u>Lunch</u></b>	Tuna, Tomato & Cheese Tortilla Wrap	Chicken Supreme & Rice	Toad in the Hole Mash & Vegetables	Lasagne & Garlic Bread	Cheesy Quorn Potato Pie & Broccoli
<b><u>Pudding</u></b>	Fruit Sponge & Custard	Banana Cake	Jelly & Ice Cream	Chocolate Muffins	Apple Flapjack

**Afternoon Snack: selection of Fruit with either a cracker, breadstick or rice cake**

**Week 4**

	Monday	Tuesday	Wednesday	Thursday	Friday
--	--------	---------	-----------	----------	--------

**Morning Snack : selection of fruit with either a cracker, breadstick or rice cake**

<b><u>Lunch</u></b>	Roasted Cheese & Tomato in Yorkshire Pudding & Veg	Mince Stew & Dumplings	Chicken Korma & Rice	FishFingers Chips & Beans	Sausage Mash Peas & Gravy
<b><u>Pudding</u></b>	Eve's Pudding & Custard	Fruit Shortbread Biscuit	Treacle Tart & Ice Cream	Jam Sponge & Custard	Iced Sponge

**Afternoon Snack: selection of Fruit with either a cracker, breadstick or rice cake**

Tea: Every evening	Either A Choice of Sandwiches, Crumpets or Beans on Toast with Vegetable Sticks Dessert: A selection of Fruit Yogurts
--------------------	--