



Little Owls Day Nursery
Winter Menu 2018



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Children can choose from a selection of wholegrain cereals, toast with a variety of spreads and toppings or fruit and fromage frais.				
Morning Snack	Rice cakes with sliced bananas	Crackers with cheese and cucumber	Crudités & Bread sticks	Pitta fingers with spread and sliced apples & pears	Rice cakes & Satsumas
Lunch	Homemade Pasta Bolognese with Garlic Bread ----- Strawberry Mousse	Winter Sausages and creamed mash with peas and carrots ----- Marble Cake	Homemade Chicken and Vegetable Stew with Herby Dumplings ----- Fromage Frais	Homemade Macaroni Cheese with garden peas ----- Homemade Ginger Cake	Homemade Cottage Pie with Winter Mixed Vegetables ----- Winter Berries with Meringue
Afternoon Snack	Crudités & bread sticks	Pitta fingers with spread and sliced apples & pears	Wholemeal Toast fingers with satsumas	Rice cakes & sliced banana	Crackers with cheese and cucumber
Tea	Jacket Potato with a choice of toppings ----- Banana Loaf	Cheese and Vegetable muffin pizzas ----- Fromage Frais	Wraps with a selection of fillings ----- Banana's and Custard	Sandwiches with a selection of fillings ----- Fruit Salad	Tomato and Vegetable Pasta ----- Sugar free Jelly



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Children can choose from a selection of wholegrain cereals, toast with a variety of spreads and toppings or fruit and fromage frais.				
Morning Snack	Rice cakes with sliced bananas	Wholemeal Toast fingers with satsumas	Brown Pitta fingers with spread and sliced apples & pears	Crudités & Bread Sticks	Rice cakes & Satsumas
Lunch	Pork Sausages, Croquette Potatoes with garden peas and sweetcorn. ----- Fromage Frais	Roast Chicken, Yorkshire Pudding, Roast potatoes and Winter Vegetables. ----- Sultana Shortbread	Beef Moussaka with Cucumber Sticks ----- Homemade Rice Pudding	Fishcake with Baked Beans and Jacket Potato wedges ----- Homemade Lemon Muffin	Homemade Chicken Korma served with Brown Rice and Naan Bread ----- Homemade Chocolate Oat Cake
Afternoon Snack	Crudités & bread sticks	Crackers with cheese and cucumber	Wholemeal Toast fingers with pear slices	Rice cakes & sliced banana	Crackers with cheese and cucumber
Tea	Pasta Salad with Tuna & Sweetcorn or Tomato & Cheese ----- Fruit Salad	Sandwiches with a selection of fillings ----- Fromage Frais	Pitta Breads with cheese, cucumber & Tomatoes ----- Sliced Banana's with custard	Crumpets with a selection of toppings ----- Peaches with Natural Yoghurt	Jacket Potato with a selection of fillings ----- Sugar Free Jelly



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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Children can choose from a selection of wholegrain cereals, toast with a variety of spreads and toppings or fruit and fromage frais.				
Morning Snack	Rice cakes with satsumas	Brown Pitta fingers with spread and sliced apples & pears	Wholemeal Toast fingers with satsumas	Crudités & Bread Sticks	Crackers with cheese and cucumber
Lunch	Vegetable Fingers with diced potatoes and a Tropical Salad ----- Ice Cream	Homemade Lasagne with Garlic Bread and Cucumber Sticks ----- Homemade fruit Oat Bar	Homemade Sausage, tomato and Vegetable pasta bake ----- Homemade Iced Cake Slice	Homemade Mild Chilli Con Carne with Brown Rice and Pepper Sticks ----- Homemade with fruit Crumble and custard.	Fish Fingers with Baked Jacket Wedges and peas. ----- Fromage Frais
Afternoon Snack	Crudités & bread sticks	Rice cakes & sliced banana	Crackers with cheese and cucumber	Toast fingers with pear slices	Rice cakes with satsumas
Tea	Brown Pitta Breads with cheese, cucumber & Tomatoes ----- Sliced Banana's with custard	Jacket Potato with a choice of toppings ----- Peaches with Natural Yoghurt	Sandwiches with a selection of fillings ----- Fromage Frais	Tomato and Vegetable Pasta ----- Sugar free Jelly	Crumpets with a selection of toppings ----- Banana Loaf