



## Little Owls Day Nursery- Summer Menu 2019



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast £0.50	Children can choose from a selection of wholegrain cereals, toast with a variety of spreads and toppings or fruit and fromage frais.				
Morning Snack	Wholemeal Toast fingers with satsumas	Crackers with cheese and cucumber	Crudités & Bread sticks	Pitta fingers with spread and sliced apples & pears	Rice cakes & Satsumas
Lunch £2.30	Fish Cake, Jacket Potato Wedges, and Baked Beans	Homemade Chicken, Tomato and Vegetable bake, with Herby diced potatoes	Seasonal Stirfry, with Pork Served with Wholegrain Rice	Pork Sausages in homemade onion gravy with creamed potatoes and Broccoli	Homemade Macaroni cheese and Bacon served with a Garlic bread slice and Peas
	Fromage Frais	Homemade Cocoa and Mandarin cake	Homemade ginger and apricot scone	Homemade coconut Biscuit	Raspberry Ripple Ice-cream
Afternoon Snack	Rice cakes & sliced banana	Pitta fingers with spread and sliced apples & pears	Rice cakes with sliced bananas	Crackers with cheese and cucumber	Crudités & bread sticks
Tea £1.20	Wraps with a selection of fillings	Cheese and Vegetable muffin pizzas	Tomato and Vegetable Pasta	Sandwiches with a selection of fillings	Jacket Potato with a choice of toppings
	----- Banana Loaf	----- Fromage Frais	----- Banana's and Custard	----- Fruit Salad	----- 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	Crackers with cheese and cucumber	Brown Pitta fingers with spread and sliced apple	Rice cakes & Satsumas	Crudités & Bread Sticks	Wholemeal Toast fingers with Pear
Lunch	Chicken baked in breadcrumbs Served with Lattice Potatoes and Crunchy Green salad	Homemade Minced beef and onion in Gravy Served with Brown Rice and seasonal vegetables	Homemade Cheese and Potato Pie served with Herby sliced Bread and Peas	Roast Chicken in Gravy, Yorkshire pudding served with Roast potatoes and seasonal vegetables	Fish Fingers served with Jacket potatoes and Baked Beans
	Meringue Nest with Summer fruits	Homemade Blueberry Flapjack	Homemade Lemon Sponge Slice	Strawberry mouse	Homemade rice crispy cake
Afternoon Snack	Pitta fingers with spread and sliced apples & pears	Rice cakes with sliced bananas	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	Jacket Potato 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	Sandwiches with a selection of fillings ----- Sugar Free Jelly

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	Crackers with cheese and cucumber	Wholemeal Toast fingers with pear	Crudités & Bread Sticks	Brown Pitta fingers with spread and sliced apples
Lunch	Pork Sausage with Savoury summer Cous Cous and Vegetables ----- Lemon Mousse	Homemade Cheese and Tomato Pizza Served with Celeriac Coleslaw and Cucumber sticks ----- Peach Slices and Vanilla Ice-cream	Homemade Sweet and sour Chicken served with Brown Rice and Naan Bread ----- Homemade Shortbread	Breaded fish Nuggets served with Jacket potato wedges and Baked beans ----- Homemade Apple Slices	Homemade meatballs in Tomato sauce served with Pasta and mixed vegetables ----- Fromage Frais
Afternoon Snack	Crudités & bread sticks	Rice cakes & sliced banana	Crackers with cheese and cucumber	Wholemeal Toast fingers with pear slices	Rice cakes with satsumas
Tea	Jacket Potato with a choice of toppings ----- Sliced Banana's with custard	Tomato and Vegetable Pasta ----- Peaches with Natural Yoghurt	Crumpets with a selection of toppings ----- Fromage Frais	Sandwiches with a selection of fillings ----- Sugar free Jelly	Brown Pitta Breads with cheese, cucumber & Tomatoes ----- Banana Loaf

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