



Little Owls Day Nursery- Winter Menu 2019/2020



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 satsumas	Crackers with cheese and cucumber	Wholemeal Toast fingers with pear	Brown Pitta fingers with spread and sliced apples	Crudités & Bread Sticks
Lunch	Cod Fish Cakes with Herby Diced Potatoes and Baked Beans ----- Fromage Frais	Homemade Bacon and Pepper Pasta Al Forno with a Garlic Bread Slice ----- Homemade Chocolate Chip Brownie	Sausage in Onion Gravy with Yorkshire Puddings and Seasonal Vegetables ----- Homemade Orange Cake Slice	Beef Bourguignon with Creamed Potatoes and Garden Peas ----- Homemade Viennese Biscuits	Homemade Chicken and Vegetable Curry with Brown Rice and Naan ----- Ice Cream
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	Tomato Soup with Toast Finger ----- Fruit Salad	Jacket Potato with Cheese and Beans ----- Fromage Frais	Variety of Sandwiches ----- Fruit Salad	Crackers with Cheese, Crudités and Raisins ----- Sugar free Jelly	Muffin Pizza's ----- Malt Loaf

Week 2	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	Tuna and Tomato Pasta Bake with a Herby Bread Slice and Cucumber Sticks ----- Fruit Salad with Natural Yogurt and Muesli	Homemade Mild Chilli Con Carne with Brown Rice and Vegetables ----- Homemade Ginger Biscuit	Homemade Savoury Chicken with Creamed Potatoes and Carrots ----- Mini Shortbread and Peach Slices	Homemade Oriental Pork with Noodles, Cauliflower and Broccoli ----- Homemade Chocolate Pudding with Chocolate Sauce	Fish Fingers with Jacket Wedges and Baked Beans ----- Fromage Frais
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	Jacket Potatoes with Tuna and Sweetcorn ----- Malt Loaf	Variety of Sandwiches ----- Banana Split	Vegetable Soup with Toast Fingers ----- Fromage Frais	Wraps with a Variety of Fillings and Cheese Straws ----- Fruit Salad	Tomato and Courgette Pasta Bake ----- Fruit Salad

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	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	Mushroom Risotto <hr/> Lemon Oat Bar	Roast Pork and Apple Sauce with Roast Potatoes, Yorkshire Pudding and Seasonal Vegetables ----- Fromage Frais	Pasta Bolognaise with Garlic Bread <hr/> Homemade Apple Rhubarb Crumble with Ice Cream	Homemade Chicken A La King with Brown Rice and Broccoli <hr/> Homemade Pineapple Cake	Sausage with Creamed Potatoes and Baked Beans <hr/> 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	Crumpets with Butter, Marmite or Jam ----- Rice Pudding	Muffin Pizzas ----- Malt Loaf	Jacket Potatoes Beans and Cheese <hr/> Fromage Frais	Potato and Leek Soup with Toast Fingers <hr/> Jelly	Pitta Breads and Crudités ----- Bananas and Custard

