



Little Owls Day Nursery- Winter Menu 2020/2021



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	Fish Cakes, Diced Potatoes and Baked Beans ----- Fruit Salad	Chicken Korma with Brown Rice and Naan Breads ----- Ice Cream and Fruit	Pasta Bolognaise with Garlic Bread ----- Shortbread Biscuits	Sausages with Mashed Potatoes, Peas, Yorkshire Puddings and Onion Gravy ----- Lemon Oat Bars	Vegetable Burgers, Potato Slices and Spaghetti Hoops ----- 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 Potatoes with Cheese and Beans ----- Yogurts	Pinwheel Wraps with a variety of fillings ----- Bananas and Custard	Ploughman's Tea ----- Maltloaf	Tuna Pasta Salad ----- Fruit	Variety of Sandwiches ----- Cupcakes

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	Macaroni Cheese with Peas and Garlic Bread	Beef Stew with Diced Potatoes and Runner Beans	Roast Chicken with Roast Potatoes, Mixed Vegetables and Yorkshire Puddings	Chili Con Carne with Brown Rice and Pitta Breads	Fish Fingers with Jacket Wedges and Baked Beans
	----- Fromage Frais	----- Chocolate Brownie	----- Peaches and Ice Cream	----- Homemade biscuit	----- Orange Cake
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	Variety of sandwiches	Cheese and Tomato Pasta Bake	Vegetable Soup with Toasted Bread Fingers	Stuffed Pittas	Muffin Pizzas
	----- Cupcakes	----- Yogurt	----- Fruit	----- Bananas and Custard	----- Malt Loaf