



HAPPY JOURNEYS

day nursery

Spring/Summer Menu – Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Bagels with mashed banana & cinnamon	Wheat-biscuit cereal with milk and fresh berries	Overnight oats with Greek yogurt, grated apple & pomegranate seeds with kiwi fruit chunks	Crisped rice cereal with milk, raisins & banana Melon slices	Scrambled eggs with tomato slices & mushrooms with wholemeal toast selection & spread
Mid-Morning Snack	Oatcakes with houmous & rainbow sweet pepper sticks	Bananas	Toasted crumpet with spread and cucumber sticks	Yogurt & sliced grapes	Breadsticks with avocado dip & edamame peas
Lunch	Spinach & mushroom frittata; homemade sweet potato wedges. Apricot & raisin flapjack	Chick pea & vegetable curry with brown rice Mango lassi drink	Thai fish cakes or bean and vegetable patties (V) with root vegetable mash and green beans Homemade blueberry muffin	Bean & pea risotto with grated parmesan cheese Seasonal fruit salad	Homemade breaded cod or tofu (V) cubes with baby new potatoes & peas Plain yogurt with strawberries
Mid-Afternoon Snack	Cheese cubes, cucumber sticks & pineapple chunks	Crackers with spread and halved cherry tomatoes	Satsumas	Toasted pitta crisps with mackerel pate or houmous (V) & crudites	Bananas
Tea	Tofu & vegetable stir fry with whole-wheat noodles. Greek yogurt with oranges	Quorn & tomato pasta with grated cheddar cheese Seasonal fruit salad	Selection of egg or cheese & tomato sandwiches Fruit kebabs	Lentil spaghetti bolognaise Oaty fruit crumble with custard	Wholemeal English muffin pizza with selection of toppings Apple and raisins