

WONDER YEARS

AUTUMN/WINTER MENU WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 7.30AM - 8.15AM	WEETABIX, CORNFLAKES OR PORRIDGE. WHOLEMEAL TOAST, CRUMPETS OR FRUIT YOGURT				
DRINK	MILK & WATER AVAILABLE ALL DAY				
SNACK 10.30AM	BREADSTICKS, YOGURTS & APPLE SLICES	PANCAKES, HONEY & BERRIES	WHOLEMEAL PITTAS, DIPS & CARROT STICKS	CREAM CRACKERS , SOFT CHEESE & BANANA	FRUIT BREAD, YOGURTS & CUCUMBER STICKS
LUNCH 12.15PM	COWBOY CASSEROLE	CHICKEN ENCHILADAS	BEEF CHILI CON CARNE	MEADOWFRESH STEAK AND POTATO SLICE	FRESH BATTERED COD
SIDES	MASHED POTATO	MAYAN COUS COUS SWEETCORN	WHITE RICE & BROCCOLI & S/CREAM	CARROTS, PEAS CAULIFLOWER	BAKED BEANS OR PEAS HOMEMADE CHIPS
DESSERT	ICE CREAM	FRUIT CAKE	BROWNIES	STRAWBERRY MILKSHAKE & COOKIE	PEACH SLICES
DRINK	MILK & WATER AVAILABLE ALL DAY				
TEA 3.15PM	PITTA PIZZA STICKS APPLE SLICES	SCRAMBLED EGGS & ENGLISH MUFFIN	CRISPbread, CHEESE & CHERRY TOMS. YOGURT	FRUIT BREAD & APPLE SLICES	HAM SUSHI ROLLS BANANA
DRINK	MILK & WATER AVAILABLE ALL DAY				

ALL MEALS ARE LOVINGLY COOKED ON SITE BY OUR TALENTED COOKS

ALL MEALS AND SNACKS WILL BE ALTERED TO CATER FOR ALL DIETARY REQUIREMENTS. WE ARE A NUT FREE NURSERY

FIRST INTRODUCTIONS TO FOOD ARE VERY IMPORTANT FOR WEANING BABIES. WE WILL WORK CLOSELY WITH PARENTS/CARERS THROUGHOUT THIS STAGE AND INTRODUCE NEW TEXTURES AND FLAVOURS WHEN YOU FEEL ITS APPROPRIATE DEPENDING ON YOUR CHILDS INDIVIDUAL NEEDS, MANY OF OUR MEALS CAN BE MASHED OR PUREED.