

# WONDER YEARS

## AUTUMN/WINTER MENU WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> 7.30AM - 8.15AM	WEETABIX, CORNFLAKES OR PORRIDGE. WHOLEMEAL TOAST & CRUMPETS				
<b>DRINK</b>	MILK & WATER AVAILABLE ALL DAY				
<b>SNACK</b> 10.30AM	BREADSTICKS, YOGURTS & APPLE SLICES	WHOLEMEAL PITTAS, DIPS & CARROT STICKS	CREAM CRACKERS , SOFT CHEESE & BANANA	FRUIT BREAD, YOGURTS & CUCUMBER STICKS	PANCAKES, HONEY & BERRIES
<b>LUNCH</b> 12.15PM	BEEF LASAGNE	MACARONI CHEESE	CHICKEN ROAST DINNER	QUORN SHEPHERDS PIE	SALMON, COD & HADDOCK BAKE
<b>SIDES</b>	MIXED SALAD GARLIC BREAD	CAJUN CHICKEN, SWEETCORN	ROAST POTATOES, GRAVY BROCCOLI & PARSNIPS	WHITE CABBAGE & GREEN BEANS	CARROTS PEAS
<b>DESSERT</b>	SHORTBREAD	FRUIT JELLY	RICE PUDDING	FRUIT PIE & CUSTARD	FRUIT FLAPJACK
<b>DRINK</b>	MILK & WATER AVAILABLE ALL DAY				
<b>TEA</b> 3.15PM	SCRAMBLED EGGS & ENGLISH MUFFIN	HAM & CHEESE WRAPS & ORANGE SLICES	FRUIT BREAD & YOGURTS	CHEESE PIZZA STICKS & APPLE SLICES	BAGELS, CREAM CHEESE & CUCUMBER STICKS
<b>DRINK</b>	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.