tops Day Nurseries

AUTUMN/WINTER MENU

Weeks commencing: 07 Sep, 28 Sep, 19 Oct, 09 Nov, 30 Nov, 21 Dec, 11 Jan

WEEK 1	BREAKFAST	LUNCH	DINNER
MONDAY	May contain boiled eggs, cereal, toast, fruit and yogurt. Drink options, milk or water	Butternut & lentil stew with French bread	Scrambled egg & tomato on wholemeal toast
TUESDAY		Vegetarian Spanish style paella	Macaroni cheese & broccoli
WEDNESDAY		Hungarian chicken goulash & cous cous	Swiss style mushrooms & garlic bread
THURSDAY		Mushroom & chestnut casserole with polenta	Carrot, pumpkin & coriander soup with French stick
FRIDAY		Greek venison orzo pasta	Loaded potato skins with colcannon mash
MORNING & AFTERNOON SNACKS	A selection of seasonal fruits and yogurt		

WE PROVIDE A RANGE OF COLD OPTIONS FROM PACKED LUNCHES TO PASTA SALADS, AND AFTER EACH MEAL, THE CHILDREN WILL HAVE ACCESS TO FRUIT AND/OR YOGURT IF THEY WISH. OUR TEAM OF CHEFS CAN CATER FOR ALL TYPES OF DIETARY REQUIREMENTS AND ALLERGENS, ADAPTING THE DISHES WITHIN THE MENU TO SUIT YOUR CHILD'S NEEDS

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AUTUMN/WINTER MENU

Weeks commencing: 14 Sep, 05 Oct, 26 Oct, 16 Nov, 07 Dec, 28 Dec

WEEK 2	BREAKFAST	LUNCH	DINNER
MONDAY	May contain boiled eggs, cereal, toast, fruit and yogurt. Drink options, milk or water	Coconut, chickpea, pepper & spinach curry with wholemeal rice and yogurt	Cream of tomato soup with peas, basil & cheese croutons
TUESDAY		Vegan bangers, bubble & squeak with gravy	Zucchini, carrot & corn muffin with set sour cream & crudites
WEDNESDAY		Venison penne pasta, tomato ragu, courgettes & sweetcorn	Mexican tofu tacos
THURSDAY		Lentil cottage pie with cheesy sweet potato mash	Baked potato with Spanish chickpeas
FRIDAY		Chicken & vegetable fricassee with brown rice	Mini filled Yorkshire pudding with cheese, onion & roasted butternut squash
MORNING & AFTERNOON SNACKS	A selection of seasonal fruits and yogurt		

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AUTUMN/WINTER MENU

Weeks commencing: 21 Sep, 12 Oct, 02 Nov, 23 Nov, 14 Dec, 04 Jan

WEEK 3	BREAKFAST	LUNCH	DINNER
MONDAY	May contain boiled eggs, cereal, toast, fruit and yogurt. Drink options, milk or water	Vegetable bean chilli, rice and creme fraiche	Louisiana chicken pitta
TUESDAY		Chicken a la King with peppers, mushrooms and farfalle pasta	Homemade baked beans on wholemeal bread & cheese
WEDNESDAY		Paneer butter curry, rice & naan	Pizza quesadilla, roasted pepper, tomato & mozzarella
THURSDAY		Lentil bolognaise, pasta, cheese & garlic bread	Chicken & sweetcorn pitta pockets
FRIDAY		Roast chicken, cauliflower cheese, roasted new potatoes and carrots with Yorkshire pudding	Tomato, roasted pepper, lentil & chia seed bruschetta
MORNING & AFTERNOON SNACKS	A selection of seasonal fruits and yogurt		

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