

# Woodberry Day Nursery Menu

## Week 1

**Breakfast:** We provide carefully selected cereals with no added sugar or artificial colours with fresh whole milk. In addition, children are offered porridge, toast and fresh fruit along with diluted (1:10) fresh fruit juice, water and milk.

	<b>Mid morning snack</b> *Always served with whole milk for children under two and semi skimmed milk for those children over two. *An afternoon snack of fresh fruit (always including a Vitamin C rich fruit such as oranges, kiwi, strawberries, pineapple etc) and milk is also served.	<b>Lunch</b> *Fresh fruit juice (diluted 1:10) is offered after every lunch. *Fresh fruit (always including a Vitamin C rich fruit such as oranges, kiwi, strawberries, pineapple etc) is served after every lunch.	<b>Tea</b> *Fresh fruit (always including a Vitamin C rich fruit such as oranges, kiwi, strawberries, pineapple etc) is served after every tea.	<b>Babies tea</b> *Fresh fruit (always including a Vitamin C rich fruit such as oranges, kiwi, strawberries, pineapple etc) is served after every tea.
Monday	Crackers buttered by the children with sliced cheese. 	Spanish chicken paella with Mediterranean vegetables and wholegrain brown rice. 	Protein packed tuna pasta with carrot, cucumber and tomato salad. 	Protein packed tuna pasta with carrot, cucumber and tomato salad. 
Tuesday	Sardine toasties. 	Polish style baked salmon with dill served with new potatoes and seasonal vegetables. 	Cheese scones with tuna, cucumber and cream cheese sandwiches and crunchy salad. 	Cheesy potato with seasonal vegetable sticks. 
Wednesday	Wholemeal bagel with cream cheese and cherry tomatoes. 	Spaghetti Bolognese with vegetables. 	Mackerel pate or cheddar cheese on crackers and crunchy salad. 	Mackerel fish cakes with fresh chopped tomatoes. 
Thursday	Wholemeal breadsticks, vegetable crudites and hummus. 	Smoked haddock pie with seasonal vegetables. 	Cucumber, ham or hummus sandwiches served with a crunchy salad. 	Homemade lentil soup with cucumber and cheese sandwiches. 
Friday	Fruit yoghurt and rice cakes. 	Irish stew made with lamb and root vegetables, served with new potatoes. 	Jacket potato with cheese, wholemeal bread and butter and garden salad. 	Couscous with chick peas, tomatoes, and courgette served with garden salad. 

# Woodberry Day Nursery Menu

## Week 2

**Breakfast:** We provide carefully selected cereals with no added sugar or artificial colours with fresh whole milk. In addition, children are offered pancakes, porridge, wholemeal toast and fresh fruit along with diluted fresh fruit juice, water and milk.

	<b>Mid morning snack</b> *Always served with whole milk for children under two and semi skimmed milk for those children over two. *An afternoon snack of fresh fruit (always including a Vitamin C rich fruit such as oranges, kiwi, strawberries, pineapple etc) and milk is also served.	<b>Lunch</b> *Fresh fruit juice (diluted 1:10) is offered after every lunch. *Fresh fruit (always including a Vitamin C rich fruit such as oranges, kiwi, strawberries, pineapple etc) is served after every lunch.	<b>Tea</b> *Fresh fruit (always including a Vitamin C rich fruit such as oranges, kiwi, strawberries, pineapple etc) is served after every tea.	<b>Babies tea</b> *Fresh fruit (always including a Vitamin C rich fruit such as oranges, kiwi, strawberries, pineapple etc) is served after every tea.
Monday	<b>Fruitbread.</b> 	<b>Wholemeal pasta with cheese and ham sauce with sweetcorn and peas.</b> 	<b>Lentil ratatouille with wholemeal bread and butter.</b> 	<b>Lentil ratatouille with wholemeal bread and butter.</b> 
Tuesday	<b>A piece of fresh fruit and breadsticks.</b> 	<b>Tabbouleh: A Lebanese salad made with chopped herbs, fresh vegetables and cracked wheat. Served with grilled salmon.</b> 	<b>Homemade Mediterranean vegetable pizza, wholemeal bread and butter and crunchy salad.</b> 	<b>Homemade butternut squash soup with homemade Mediterranean vegetable pizza fingers and crunchy salad.</b> 
Wednesday	<b>Buttered toast with apple sticks.</b> 	<b>Tuna pasta bake with seasonal vegetables.</b> 	<b>Cheese scones with tuna, cucumber and cheese sandwiches and crunchy salad.</b> 	<b>Cheesy potato with seasonal vegetable sticks.</b> 
Thursday	<b>Fruit yoghurt and rice cakes.</b> 	<b>Chicken casserole with mashed potatoes &amp; fresh seasonal vegetables.</b> 	<b>Couscous with chick peas, tomatoes, and courgette served with garden salad.</b> 	<b>Couscous with chick peas, tomatoes, and courgette served with garden salad.</b> 
Friday	<b>Wholemeal bagel with cream cheese and cherry tomatoes.</b> 	<b>Beef and kidney bean chili with wholegrain brown rice.</b> 	<b>Protein packed tuna pasta with carrot, cucumber and tomato salad.</b> 	<b>Protein packed tuna pasta with carrot, cucumber and tomato salad.</b> 

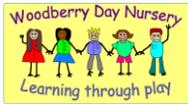


# Woodberry Day Nursery Menu

## Week 3

**Breakfast:** We provide carefully selected cereals with no added sugar or artificial colours with fresh whole milk. In addition, children are offered pancakes, porridge, wholemeal toast and fresh fruit along with diluted fresh fruit juice, water and milk.

	<b>Mid morning snack</b> *Always served with whole milk for children under two and semi skimmed milk for those children over two. *An afternoon snack of fresh fruit (always including a Vitamin C rich fruit such as oranges, kiwi, strawberries, pineapple etc) and milk is also served.	<b>Lunch</b> *Fresh fruit juice (diluted 1:10) is offered after every lunch. *Fresh fruit (always including a Vitamin C rich fruit such as oranges, kiwi, strawberries, pineapple etc) is served after every lunch.	<b>Tea</b> *Fresh fruit (always including a Vitamin C rich fruit such as oranges, kiwi, strawberries, pineapple etc) is served after every tea.	<b>Babies tea</b> *Fresh fruit (always including a Vitamin C rich fruit such as oranges, kiwi, strawberries, pineapple etc) is served after every tea.
Monday	Speciality bread and butter with cucumber sticks. 	Jamaican wholemeal rice and peas with spicy chicken and seasonal vegetables. 	Cheese scones with tuna, cucumber and cheese sandwiches and crunchy salad. 	Cheesy potato with lightly boiled seasonal vegetable sticks. 
Tuesday	A piece of fresh fruit and breadsticks. 	Tomato and herb pasta served with sweetcorn and peas. 	Wholemeal bagel with cream cheese and cherry tomatoes and salad. 	Tuna hash with seasonal vegetable sticks. 
Wednesday	Fruit yoghurt and rice cakes. 	Chicken and chick pea tagine served with wholegrain brown rice. 	Cucumber, ham or hummus sandwiches served with a crunchy salad. 	Homemade lentil soup with cucumber and cheese sandwiches. 
Thursday	Mini veggie pitta stuffed with salad and cheese. 	Hungarian goulash with root vegetables and herby dumplings. 	Jacket potato with cheese, wholemeal bread and butter and garden salad. 	Couscous with chick peas, tomatoes, and courgette served with garden salad. 
Friday	Sardine toasties. 	Spaghetti and meatballs with vegetables. 	Mackerel pate or cheddar cheese on crackers and crunchy salad. 	Wholegrain rice and pea stir fry with seasonal vegetables. 



# Woodberry Day Nursery Menu

## Week 4

**Breakfast:** We provide carefully selected cereals with no added sugar or artificial colours with fresh whole milk. In addition, children are offered pancakes, porridge, wholemeal toast and fresh fruit along with diluted fresh fruit juice, water and milk.

	<b>Mid morning snack</b> *Always served with whole milk for children under two and semi skimmed milk for those children over two. *An afternoon snack of fresh fruit (always including a Vitamin C rich fruit such as oranges, kiwi, strawberries, pineapple etc) and milk is also served.	<b>Lunch</b> *Fresh fruit juice (diluted 1:10) is offered after every lunch. *Fresh fruit (always including a Vitamin C rich fruit such as oranges, kiwi, strawberries, pineapple etc) is served after every lunch.	<b>Tea</b> *Fresh fruit (always including a Vitamin C rich fruit such as oranges, kiwi, strawberries, pineapple etc) is served after every tea.	<b>Babies tea</b> *Fresh fruit (always including a Vitamin C rich fruit such as oranges, kiwi, strawberries, pineapple etc) is served after every tea.
Monday	Wholemeal breadsticks, vegetable crudités and hummus. 	Chicken curry with wholegrain brown rice. 	Wholemeal bagel with cream cheese and cherry tomatoes and salad. 	Rice noodles tossed with tofu and stir fried seasonal vegetables. 
Tuesday	Crackers buttered by the children with sliced cheese. 	Cottage pie with seasonal vegetables. 	Protein packed tuna pasta with carrot, cucumber and tomato salad. 	Protein packed tuna pasta with carrot, cucumber and tomato salad. 
Wednesday	Fruitbread. 	Pilchard hash with seasonal vegetables. 	Homemade Mediterranean vegetable pizza, wholemeal bread and butter and crunchy salad. 	Tomato and herb pasta with crunchy salad. 
Thursday	A piece of fresh fruit and breadsticks. 	Roast pork and mashed potatoes with fresh seasonal vegetables. 	Cheese scones with tuna, cucumber and cheese sandwiches and crunchy salad. 	Cheesy potato with seasonal vegetable sticks. 
Friday	Buttered toast with apple sticks. 	Cauliflower cheese served with wholemeal pasta, peas and carrots. 	Couscous with chick peas, tomatoes, and courgette served with garden salad. 	Couscous with chick peas, tomatoes, and courgette served with garden salad. 