



Happy Feet Nursery Food Menu Week 1



2 Course Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Homemade soup of the day with a side of wholemeal bread	Garlic Bread Slice	Fish Fingers Served with beans and wholemeal bread	Carrot & Cucumber Batons served with Salsa	Golden Savoury Rice mixed with chicken, peas and sweetcorn
Fresh Water	Indian/Chinese flavoured chicken curry served with white fluffy rice	Fresh Water	Soft boiled pasta with sausage, in a tomato sauce with cauliflower and broccoli	Fresh Water
Flavoured yoghurt	Fresh Water	Bowl of warm custard	Fresh Water	Seasonal melon

Breakfast Selection

A selection of different cereals such as Weetabix, Cornflakes and Rice Krispies. Served with milk or water

Morning Snack Selection

Varied throughout the week of a choice of Wholemeal bread toasted, toasted crumpets, bagels, pancakes or fruit loaf. Served with a variety of toppings and a selection of seasonal fruits. Served with milk or water

Fillings for Sandwich Thins

- Cold Ham
- Cold Chicken
- Pork Luncheon
- Grated Cheese
- Tuna

Vegetarian Options available on request

Afternoon Snack

Monday	Tuesday	Wednesday	Thursday	Friday
Homemade pancakes served with banana and raisins	Dutch Crip Bakes, cherry tomatoes and pickles	Variety of flavoured yoghurts served with fresh fruit	Rice cakes and spread prepared with avocado and apple sides	Sandwich thins with a choice of various toppings complete with fresh fruit
Water, Juice or Milk	Water, Juice or Milk	Water, Juice or Milk	Water, Juice or Milk	Water, Juice or Milk