



Happy Feet Nursery Food Menu Week 3



2 Course Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Fish cakes served with spaghetti hoops	Seasonal melon	Sweet and sour chicken dished with fluffy white rice	Spaghetti bolognaise mixed with carrot and onion	Breadsticks with a hummus dip
Fresh Water	Classic mince and potato dish including onion and peas	Fresh Water	Fresh Water	Traditional roast beef provided with Yorkshire pudding and parsnips
Bowl of warm custard	Fresh Water	Piece of fresh fruit	Natural Yoghurt with berries	Fresh Water

Afternoon Snack

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese thin crackers, breadsticks, cheese cubes, cucumber and salsa	Sandwiches with a choice of various fillings served with fresh fruit	Oat cakes and spread served with kiwi and sultanas	Freshly baked Scones served with fresh fruit	Variety of flavoured yoghurts served with strawberries
Water, Juice or Milk	Water, Juice or Milk	Water, Juice or Milk	Water, Juice or Milk	Water, Juice or Milk

Breakfast

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

Morning Snack

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

Sandwich Fillings

Cold Ham
Grated Cheese
Cold Chicken
Pork Luncheon

Vegetarian Options available on request