

Orchard Day Nursery Autumn/Winter Meal Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Shreddies Toast with Marmalade	Cornflakes Toast with Marmite	Scrambled Egg Toast with Jam	Rice Puffs Toast with Honey	Weetabix Toast with Sunflower Spread
Morning Snack	Crackers with sunflower spread Milk or Water	Pear and Grapes Milk or Water	Bread sticks with soft cheese Milk or Water	Banana, Orange and Apple Milk or Water	Rice cakes with marmite Milk or Water
Lunch	Root vegetable and butternut squash stew with cabbage. Fruit with yoghurt	Chilli con carne with rice Apricot cake	Roast chicken with potatoes, broccoli and mixed vegetables Fruit jelly	Bean, cauliflower and coconut curry with rice Apple crumble with custard	Fish fingers with mash potato and green beans Fruit salad
Afternoon Snack	Carrot and apple sticks Milk or Water	Rice cakes with Sunflower spread Milk or Water	Fruit and carrot platter Milk or Water	Crackers with sunflower spread Milk or Water	Cucumber sticks with cheese cubes Milk or Water
Tea	Platter- cheese, pitta bread, cucumber and tomato salsa Custard	Tuna mayo and sweetcorn pasta Yoghurt with honey	Cheese and tomato pizza with cucumber sticks Fruit Salad	Jacket potato with Beans and Cheese Honeydew Melon	Soft Rolls filled with Ham or Cream Cheese and shredded carrot Rice Pudding

Fresh drinking water will be available and accessible at all times.