

Orchard Day Nursery Autumn/Winter Meal Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetabix Toast with marmite	Cornflakes Toast with Banana	Scrambled Egg and Toast Toast with Jam	Shreddies Toast with Marmite	Rice Puffs Toast with Marmalade
Morning Snack	Fruit and Vegetable Platter Milk or Water	Bread sticks with soft cheese Milk or Water	Banana and grapes Milk or Water	Rice cakes with Sunflower spread Milk or Water	Pear, grapes and orange Milk or Water
Lunch	Vegetable jambalaya Warm peaches and custard	Tuna pasta with avocado and vegetables Chocolate orange cake	Chicken Masala with brown rice Yoghurt with berries	Shepherd's pie with cabbage Coconut cake	Butterbean and vegetable stew with gnocchi Fruit salad
Afternoon Snack	Rice cakes with sunflower spread Milk or Water	Carrot and apple sticks Milk or Water	Cream crackers with marmite Milk or Water	Cucumber and cheese cubes Milk or Water	Bread sticks with soft cheese Milk or Water
Tea	Wholemeal sandwiches filled with tuna mayo/cream cheese Yoghurt with honey	Jacket Potato with cheese Rice pudding	Savoury spaghetti cake Honeydew Melon	Crumpets with sunflower spread and cucumber sticks Fruit salad	Platter- Cheese, Pitta Bread, shredded carrot and tomato salsa Custard

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