

# Orchard Day Nursery Autumn/Winter Meal Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Rice Puffs Toast with honey	Weetabix Toast with marmite	Cornflakes Toast with banana	Scrambled Egg Toast with jam	Shreddies Toast with marmalade
<b>Morning Snack</b>	Breadsticks with soft cheese  Milk or Water	Banana and orange  Milk or Water	Rice cakes with marmite  Milk or Water	Apples and pears  Milk or Water	Rice cakes with sunflower spread  Milk or Water
<b>Lunch</b>	Chickpea and vegetable biryani  Warm peaches with yoghurt	Spaghetti Bolognese  Fruit salad	Gnocchi with butternut squash and rocket  Banana, apple and cinnamon flapjack	Tuna ratatouille with rice  Rhubarb and ginger squares	Chicken and leek pasta bake  Spiced apples with custard
<b>Afternoon Snack</b>	Pear, grapes and apple  Milk or Water	Breadsticks with salsa  Milk or Water	Grapes, apple and cucumber  Milk or Water	Cream crackers with jam  Milk or Water	Fruit and Vegetable platter  Milk or Water
<b>Tea</b>	Jacket Potato with Beans and cheese  Honeydew melon	Wraps with grated cheese and ham  Custard	Fish Fingers with wholemeal bread and cucumber sticks  Fruit salad	Pasta with tomato sauce and cheese  Yoghurt with honey	Wholemeal sandwiches with cheese spread and marmite  Rice pudding

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