Child First
Aylesbury Nursery

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals; Weetabix, Ready Brek, Cornflakes, Rice Krispies, Shredded Wheat with Whole Milk				
	Toast with Non-Dairy Spread and Cup of Whole Milk				
MORNING SNACK	Selection of Fresh Seasonal Fruit and Vegetable Sticks				
LUNCH	Cauliflower and Broccoli Pasta Bake served with Seasonal Salad	Chicken Curry served with Couscous	Chef's Roast of the Day served with Seasonal Vegetables	Surbiyaan Lamb served with New Potatoes and Spinach	Salmon and Pea Risotto served with Broccoli
DESSERT	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Semonlina, Rice Pudding				
AFTERNOON SNACK	Homemade Scones, Bread, Flapjacks, Cumin Straws, Selection of Crackers, Rice Cakes - Served with Homemade Dips or Houmous				
TEA	Kumara Chickpea Patties served with a Boiled Egg	Tuna Fish Cakes served with Peas	Vegetable Soup with Croutons	Macaroni Cheese served with Carrots and Sweetcorn	Omelette Popovers served with Mixed Peppers and Carrots
DESSERT	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				

Food allergens and intolerances guidance is available. Please speak to the Nursery Manager for more information.

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WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals; Weetabix, Ready Brek, Cornflakes, Rice Krispies, Shredded Wheat with Whole Milk				
	Toast with Non-Dairy Spread and Cup of Whole Milk				
MORNING SNACK	Selection of Fresh Seasonal Fruit and Vegetable Sticks				
LUNCH	Lentil, Potato and Spinach Curry served with Naan Bread	Roast Chicken served with Potatoes and Seasonal Vegetables	Fish Pie served with Runner Beans	Shepherdess Pie served with Seasonal Vegetables	Hungarian Beef Goulash served with Rice
DESSERT	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Semonlina, Rice Pudding				
AFTERNOON SNACK	Homemade Scones, Bread, Flapjacks, Cumin Straws, Selection of Crackers, Rice Cakes - Served with Homemade Dips or Houmous				
TEA	Chicken, Ham and Pepper Risotto served with Peas	Sweet Potato Falafel served with Pitta Bread, Houmous and Cucumber Sticks	Potato and Spinach Cakes served with Sweetcorn	Roast Vegetable and Red Lentil Pasta served with Carrot Sticks	Mixed Vegetable Frittatas served with Potato Salad
DESSERT	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				

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WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals; Weetabix, Ready Brek, Cornflakes, Rice Krispies, Shredded Wheat with Whole Milk				
	Toast with Non-Dairy Spread and Cup of Whole Milk				
MORNING SNACK	Selection of Fresh Seasonal Fruit and Vegetable Sticks				
LUNCH	Vegetable Moussaka served with Carrots	Cheese and Tomato Topped with Fish, with Ratatouille and Sweet Potatoes	Chilli Con Carne served with Potato Wedges	Roast Chicken served with Root Vegetables	Vegetable Lasagne served with Seasonal Vegetables
DESSERT	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Semonlina, Rice Pudding				
AFTERNOON SNACK	Homemade Scones, Bread, Flapjacks, Cumin Straws, Selection of Crackers, Rice Cakes - Served with Homemade Dips or Houmous				
TEA	Cheese and Ham Pasta served with Vegetable Sticks	Jacket Potato with Various Toppings	Chef's Soup of the Day served with Cheesey Straws	Tomato Pasta and Cannellini Bean Primavera	Fish and Pea Cakes served with Seasonal Vegetables
DESSERT	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				

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WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of Cereals; Weetabix, Ready Brek, Cornflakes, Rice Krispies, Shredded Wheat with Whole Milk				
	Toast with Non-Dairy Spread and Cup of Whole Milk				
MORNING SNACK	Selection of Fresh Seasonal Fruit and Vegetable Sticks				
LUNCH	Roast Salmon served with Noodles and Vegetables	Beef Lasagne served with Garlic Bread and Peas	Chicken Korma served with Cauliflower and Rice	Potato Topped Fish Pie served with Carrots	Veggie Meatballs served with Spaghetti and a side of Broccoli
DESSERT	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Semonlina, Rice Pudding				
AFTERNOON SNACK	Homemade Scones, Bread, Flapjacks, Cumin Straws, Selection of Crackers, Rice Cakes - Served with Homemade Dips or Houmous				
TEA	Mixed Bean Chilli served with Jacket Potato	Vegetable Soup with Croutons	Sweet Potato Topped Shepherd's Pie served with Broccoli	Macaroni Cheese served with Green Beans	Tuna Fish Cakes served with Vegetable Sticks
DESSERT	Fresh Fruit or Seasonal Fruit Salad, Homemade Yoghurt with Fruit, Stewed Fruit and Custard, Rice Pudding				

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