Cressex Day Nursery - Sample Menu

Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK (Rolling snack time from 9.50-10.30)				
Buttered melba toast & sliced grapes	Vegetable crisps & dips	Breadsticks, homemade hummus & fresh fruit	Blueberry rice cakes & fresh fruit	Warm buttered croissant & pear slices
LUNCH				
Cod in red pepper and tomato sauce with bulgar wheat & broccoli	Fruity chicken curry with cous cous, sweetcorn & naan	Beef pasta bolognese with homemade garlic bread & mixed vegetables	Somerset pork casserole with new potatoes & green beans	Vegetable jambalaya
VEGETARIAN / ALL OPTION				
Roasted veg / Quorn	Halal chicken / vegetable curry / Quorn curry	Halal beef / vegetable / Quorn bolognese	Halal lamb / Quorn	As above
PUDDING				
Poached apricots & vanilla crème fraiche	Greek yoghurt & mango puree	Melon platter	Ducklings: Fruit puree Cubs: Ice cream scoop in a bowl with a wafer Piglets & Cygnets: Ice cream cones	Custard tart
TEA TIME				
Pitta pockets with ham, cheese, cherry tomatoes, fresh fruit and a jam drop	A selection of filled rolls, carrot & celery sticks, prunes	Fish finger in wraps with rocket & salsa. Fresh fruit	French toast with pate / marmite & vegetable sticks	Homemade bread with mini sausages, cheese chunks & vegetable sticks

Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK				
Home popped corn with apple slices	Cheesy biscuits & cucumber slices	Crackers with dairylea & raisins	Fruit bread & prunes	Homemade fruity oat cakes
LUNCH				
Vegetable biryani, mango chutney & chapati	Beef stroganoff with tagliatelle & green beans	Homemade fish cakes with sweet potato fries	Beef lasagne (Ducklings Mixed veg) green salad & garlic bread	Shepherds pie with green beans & gravy
VEGETARIAN / ALL OPTION				
As above	Halal chicken / quorn or vegetable & chickpea casserole	Homemade vegetable cakes	Roasted vegetable lasagne	Halal shepherds pie or vegetable & lentil pie
PUDDING				
Fruit crumble with evapourated milk	Cherry sponge & custard	Spiced apple with vanilla crème fraiche	Natural yoghurt & raspberries	Fresh fruit platter
TEA TIME				
Egg and cress / marmite sandwiches, cucmber sticks, fresh fruit	Buttered cheese and courgette loaf with carrot sticks, turkey slices. Apple and pear.	Marmite pin wheels, ham slices, cucumber sticks, cheese chunks & dried fruit	Salad bar with savoury rice, hard boiled eggs, chicken slices, fresh fruit & carrot cake	Chicken breast burgers in mini buns with lettuce and mayo, celery sticks & fresh fruit