

Nursery Menus – Summer/Autum 2011

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	W/M Toast & Spread Milk	Veg Sticks & Chip Pea dip Milk	W/M Toast Fingers & Spread Milk	Fruit Teacake & Spread Milk	Fresh Fruit Milk
Lunch	H/M Cheese & Tomato Pizza H/M Jacket Wedges Green Beans Carrots Angel Whip & Sliced Banana Milk OR Dilute Fruit Juice	Chilli Con Carne & Rice Or Vegetarian Chilli & Rice Mixed Salad Fresh Fruit Salad Milk OR Dilute Fruit Juice	Jacket Potato Cheese & grated onion Or Tuna & Sweetcorn Baked Beans Pineapple Upside Down Cake & Custard Milk OR Diluted Fruit Juice	Sweet & Sour Chicken & Pasta OR Sweet & Sour Veg & Pasta Rainbow Salad Sweetcorn Artic Roll & Strawberries Milk OR Diluted Fruit Juice	Caribbean Soup Or Vegetable Soup with Blackeyed Peas H/M Bread H/M Carrot Cake Custard Milk OR Diluted Fruit Juice
Afternoon Tea	H/M Fruit Scones Selection of Seasonal Fruit Water	H/M Ginger Cake Selection of Seasonal Fruit Water	Vegetable Ravioli & W/M Bread & Spread Selection of Seasonal Fruit Water	Tuna OR Egg Sandwich in W/M Bread & spread Selection of Seasonal Fruit Water	2 Crackers & Cheddar Cheese Selection of Seasonal Fruit Water
Nursery Fruit scheme (am / pm)	Fruit	Fruit	Fruit	Fruit	Fruit

Baby's menu

4 – 6 months (stage 1)	Puréed Wedges & Green Beans Mashed Banana	Puréed Carrots Puréed Pear	Puréed Potato & puréed Baked Beans Puréed Pineapple	Puréed Green Beans Puréed apple	Puréed Chow Chow & Pumkin puréed Peach
7 – 12 months (stage 2)	Mashed Wedges & Mashed Green Beans Sliced banana	Chilli Con carne & Rice Fingers of Cucumber Fingers of Pear	Mashed Potato, Cheese & Mashed Baked Beans Cubes of Pineapple	Minced Chicken Mashed Green Beans Lightly Stewed Apple & slices of fresh Apple	Mashed Vegetables & Bread soaked in soup liquid. Sliced Peaches
Afternoon Tea	A variety of the above menu will be offered to stage 2 babies for afternoon teas staff to indicate need				

Dilute Fruit Juice: Dilute one part juice to ten parts water.
Tuna (canned in water), Abbreviations – H/M = Home-made

**Nursery Menus -
Week 2**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Wholemeal Toast & Spread Milk	Fruit Milk	Fruit Teacake & Spread Milk	Veg Sticks & Chip Pea Dip Milk	Fruit Milk
Lunch	Jacket Potato & Baked Beans Mixed vegetables in Mayo Sweetcorn Yogurt with fruit shortcake Milk OR Dilute Fruit Juice	Mince & Macaroni Bake OR Quorn & Macaroni bake Green cabbage Carrots Fruit Jelly & Ice Cream Milk OR Dilute Fruit Juice	Jelloff Chicken & Rice OR Jelloff Vegetables & Rice Cauliflower Broccoli Eve's Pudding & Custard Milk OR Dilute Fruit Juice	Oven Baked Fish in Bread Crumbs OR Cheese & Tomato Flan Chips Sweetcorn Peas Rice Pudding & Peaches Milk OR Dilute Fruit Juice	Curried Goat or Lamb & Rice OR Curried Chick Pea & Rice Coleslaw Fresh Fruit Salad & Ice Cream Milk OR Dilute Fruit Juice
Afternoon snack	W/M Bread & Banana Fingers Selection of Seasonal Fruit Water	H/M Fruit Scone & Spread Selection of Seasonal Fruit Water	Cream Cheese & Apple Sandwich Selection of Seasonal Fruit Water	Salad & Egg Wrap Selection of Seasonal Fruit Water	Vegetable Ravioli & Bread with Spread Selection of Seasonal Fruit Water
Nursery Fruit scheme (am / pm)	Fruit	Fruit	Fruit	Fruit	Fruit

**Baby's menu
Week 2**

4 – 6 months (stage 1)	Puréed Potato H/M Gravy Puréed Melon	Puréed Carrot Puréed Pear	Puréed Cauli & Broc & H/M Gravy Puréed Apple	Puréed Peas & H/M White Sauce Purée Peaches	Puréed Chic Pea Puréed Banana
7 – 12 months (stage 2)	Mashed Potato & Baked Beans Cubes of Apple (lightly stewed)	Minced Lamb. Finely Chopped cabbage & H/M Gravy Fingers of Pear	Minced Chicken & Mashed Rice Cooked Carrot Sticks & H/M Gravy Cubes of Melon	Minced Fish & Peas in H/M White Sauce Chopped Peaches	Minced Goat/Lamb & Rice Mashed Peas Slices of Orange
Afternoon Tea	A variety of the above menu will be offered to stage 2 babies for afternoon tea staff to indicate numbers				

* Fish fingers – at least 60% fish
Dilute Fruit Juice: Dilute one part juice to ten parts water

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fruit Teacake & Spread Milk	Fruit Milk	W/M Toast & Spread Milk	Veg Sticks & Chick Pea Dip Milk	W/M Toast & Spread Milk
Lunch	Bakes Sausage OR Maccaroni Cheese Pasta Coleslaw without dressing Cherry Tomatoes Chocolate Sponge & Chocolate Custard Milk OR Dilute Fruit Juice	Shepherds Pie & H/M Gravy OR Cheese & Potato Pie with H/M Tomato Sauce Green Beans Cauliflower Melon Milk OR Dilute Fruit Juice	Roast Chicken & H/M Gravy OR Quorn & Couscous Roast Potatoes Peas Carrots Ice Cream & Sliced Banana Milk OR Dilute Fruit Juice	Tuna & Sweetcorn Pasta OR Pasta Neopolitan Cucumber, Pepper & Carrot Sticks Celery Fingers Full Fat Fruit Yoghurt Milk OR Dilute Fruit Juice	Fish Fingers & H/M Tom Sauce OR H/M Bean & Veg Bake Oven Chips Peas Sweetcorn Rice Pudding & Peaches Milk OR Dilute Fruit Juice
Afternoon snack	Baked Beans Bread & Vegetarian spread Selection of Seasonal Fruit Water Fruit	H/M Fruit Scone with spread Selection of Seasonal Fruit Water Fruit	Salmon OR Cheese & Bread & vegetarian spread Selection of Seasonal Fruit Water Fruit	Chicken in Pitta Bread Or Salad Sandwich Selection of Seasonal Fruit Water Fruit	Vegetable Ravioli & W/M Toast & Spread Selection of Seasonal Fruit Water Fruit
Nursery Fruit scheme (am / pm)	Fruit	Fruit	Fruit	Fruit	Fruit

Baby's menu Week 3

4 – 6 months (stage 1)	Puréed Maccaroni & Sauce Puréed Apple	Puréed Green Beans Puréed Melon	Puréed Carrot Puréed Banana	Puréed Cauliflower Puréed Fruit	Puréed Peas Puréed Peaches
7 – 12 months (stage 2)	Mashed Maccaroni Mashed Peas/Carrots Fresh Orange pieces	Mince Sheps Pie & H/M Gravy Mashed vegetables Fingers of Melon	Mashed Chicken & Carrot H/M Gravy Banana Fingers	Minced Pasta Neopolitan Mashed Peas Cucumber fingers	Mashed Fish & Chips Mashed Peas/H/M Tom sauce Sliced Peaches

Dilute Fruit Juice: Dilute one part juice to ten parts water
*chocolate sauce - made with COCOA

**Nursery Menus -
Week 4**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Muffin Milk	Veg Sticks & Chick Pea Dip Milk	W/M Toast with spread Milk	Fruit Milk	Fruit Tea Cake with Spread Milk
Lunch	Cheese & Vegetable Bake Creamed Potato with tomato & chive garnish Green Beans & Sweetcorn Rhubarb Crumble & Custard Milk Or Dilute Fruit Juice	Chicken Biriani OR Vegetable Biriani Roast Seasonal vegetables Mixed Seasonal Berries & Yogurt Milk Or Diluted fruit juice	Leek & Potato Pie OR Summer vegetable Stew Roast Potatoes Milk Jelly with Pear Sticks Milk Or Dilute Fruit Juice	Spaghetti Bolognaise OR Pasta Neopolitan Mixed Salad Semolina & Peaches Milk Or Diluted Fruit Juice	Cod in Seasoned Sauce OR Veg Chow Mein Chips Peas & Sweetcorn Flap Jack Milk Or Dilute Fruit Juice
Afternoon snack	Vegetable & Tortilla Wrap Selection of Seasonal Fruit Water	H/M Sultana Scones Selection of Seasonal Fruit Water	Toasted Tuna Melt Selection of Seasonal Fruit Water	Baked Plantain with W/M Bread & Spread Sliced Tomatoes Water	Salmon OR Cheese Sandwich with cucumber fingers Selection of Seasonal Fruit Water
Nursery Fruit Scheme (am / pm)	Fruit	Fruit	Fruit	Fruit	Fruit

**Week 4
Baby's menu**

4 – 6 months (stage 1)	Puréed Green Beans Puréed Rhubarb	Puréed Roast Vegetables Puréed Seasonal Berries	Puréed Carrot Puréed Pear	Puréed Broccoli Puréed Peaches	Puréed Peas Puréed Apple
7 – 12 months (stage 2)	Mashed Cheese & Veg Bake Creamed Potato Cubes of Apple	Minced Chicken Biriani Mashed Roast Vegetables Fingers of Cucumber	Mashed Leek & Potato Pie Mashed Vegetables Fingers of Pear	Minced Spaghetti Bolognaise Mashed Broccoli Semolina & Peaches	Mashed Fish in Sauce Mashed Peas & sweetcorn Slices of Apple
Afternoon Tea	A variety of the above menu will be offered to stage 2 babies for afternoon tea staff to indicate requirements				

Dilute Fruit Juice: Dilute one part juice to ten parts water