

The Wishing Tree Children's Nursery

MENU WEEK 1

		Lunch - 11.30 a.m.	Tea - 3.15 p.m.	Snacks
Monday	Main	Tuna pasta bake with garlic bread	Home-made baked beans on toast	Oatcakes with pepper sticks and tomatoes
	Dessert	Blueberries and natural yoghurt	Choice of fruit – apples, pears, oranges, kiwi, melon, pineapple, blueberries and strawberries	
		Lunch - 11.30 a.m.	Tea - 3.15 p.m.	Snacks
Tuesday	Main	Lentil and vegetable pie with swede, carrots, topped with sweet and white potato and side dish of cauliflower	Ham, cheese and marmite sandwiches	Rice cakes with cream cheese
	Dessert	Choice of fruit – apples, pears, oranges, kiwi, melon, pineapple, blueberries and strawberries	Fruit flapjacks	
		Lunch - 11.30 a.m.	Tea - 3.15 p.m.	Snacks
Wednesday	Main	Indian Chicken/Quorn topped with spiced potatoes and served with mixed vegetables	Vegetable muffin pizzas (Egg muffins for 0-1)	Avocado, tomatoes and oat cakes
	Dessert	Apple crumble with custard	Choice of fruit – apples, pears, oranges, kiwi, melon, pineapple, blueberries and strawberries	
		Lunch - 11.30 a.m.	Tea - 3.15 p.m.	Snacks
Thursday	Main	Vegetable enchiladas and brown rice	Jacket potato, tuna and cheese filling	Carrot sticks with houmous
	Dessert	Choice of fruit – apples, pears, oranges, kiwi, melon, pineapple, blueberries and strawberries	Choice of fruit – apples, pears, oranges, kiwi, melon, pineapple, blueberries and strawberries	
		Lunch - 11.30 a.m.	Tea - 3.15 p.m.	Snacks
Friday	Main	Minced beef and macaroni pie (vegetarian option)	Tortilla wraps with cheese and cucumber	Breadsticks with cream or dairy free cheese
	Dessert	Stewed apple and pear	Choice of fruit – apples, pears, oranges, kiwi, melon, pineapple, blueberries and strawberries	

- BREAKFAST IS PROVIDED FROM 8:00 A.M. – Variety of healthy cereals, toast and fruit SNACKS PROVIDED AT 10:00 a.m. and 5:00 p.m.
- Menu choices will be offered to all children based on their dietary requirements (vegetarian, vegan, lactose free, wheat free, gluten free etc) and also taking into account each child's ability to chew and digest food that is not in a liquid or pureed form.
 - Filtered, chilled water is on tap throughout the day
 - From time to time we may need to substitute menu choices.
- We make every effort to minimise or eliminate additives, preservatives, and pre-processed ingredients.
 - We welcome any suggestions from parents, carers and staff on ways to improve our menu.
 - Meals will be prepared freshly each day in our purpose-built kitchen.

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MENU WEEK 2

		Lunch - 11.30 a.m.	Tea - 3.15 p.m.	Snacks
Monday	Main	Pasta prima vera with garlic bread	Baked potato with tuna, sweetcorn and cheese fillings	Cream crackers with marmite
	Dessert	Banana and custard	Choice of fruit – apples, pears, oranges, kiwi, melon, pineapple, blueberries and strawberries	
		Lunch - 11.30 a.m.	Tea - 3.15 p.m.	Snacks
Tuesday	Main	Butternut squash and chickpea curry with brown rice	Finger rolls with ham, cream cheese and marmite	Carrots and cucumber with houmous
	Dessert	Fruit with crunchy crumble topping and natural yoghurt	Choice of fruit – apples, pears, oranges, kiwi, melon, pineapple, blueberries and strawberries	
		Lunch - 11.30 a.m.	Tea - 3.15 p.m.	Snacks
Wednesday	Main	Roast Chicken/Quorn, Yorkshire pudding, and new potatoes, carrots and cabbage	Noodles with sweet and sour sauce	Avocado, tomatoes and oat cakes
	Dessert	Choice of fruit – apples, pears, oranges, kiwi, melon, pineapple, blueberries and strawberries	Choice of fruit – apples, pears, oranges, kiwi, melon, pineapple, blueberries and strawberries	
		Lunch - 11.30 a.m.	Tea - 3.15 p.m.	Snacks
Thursday	Main	Fish and broccoli pie with sweetcorn	Macaroni cheese	Bread sticks, cream cheese and dairy free cheese
	Dessert	Poached apple and pear with cinnamon	Choice of fruit – apples, pears, oranges, kiwi, melon, pineapple, blueberries and strawberries	
		Lunch - 11.30 a.m.	Tea - 3.15 p.m.	Snacks
Friday	Main	Turkey hot-pot with sweetcorn	Oven roasted wraps	Oatcakes with peppers
	Dessert	Natural yoghurt and fruit	Choice of fruit – apples, pears, oranges, kiwi, melon, pineapple, blueberries and strawberries	

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MENU WEEK 3

		Lunch - 11.30 a.m.	Tea - 3.15 p.m.	Snacks
Monday	Main	Five bean chilli con carne/quorn with rice	Ploughmans with brown roll, tomato, cucumber and sweetcorn and cheese slices	Cream crackers with marmite
	Dessert	Strawberries and melon	Yoghurt and fruit of the day	
Tuesday	Main	Goulash with garlic bread made with potatoes, butter beans, paprika, bay leaf, carrots, parsnips, onions and tomatoes	Jacket potato with cheese and ham fillings	Carrots and cucumber with houmous
	Dessert	Banana with home-made custard	Natural yoghurt with fruit of the day	
Wednesday	Main	Chicken/Quorn in mushroom sauce with peas and new potatoes	Home-made beans on toast	Avocado, tomatoes and oat cakes
	Dessert	Fruit with crunchy crumble topping and natural yoghurt	Choice of fruit – apples, pears, oranges, kiwi, melon, pineapple, blueberries and strawberries	
Thursday	Main	Vegetable enchiladas and rice	Noodles with sweet and sour sauce	Bread sticks, cream cheese and dairy free cheese
	Dessert	Seasonal fruit salad	Fruit flapjacks	
Friday	Main	Potato bake with tomatoes, green beans and sweetcorn	Mackerel and crème fraiche pate with cream cheese and pitta bread	Oatcakes with peppers
	Dessert	Stewed apple and custard	Water melon and kiwi	

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