

# WEEK 1 Winter & Spring Menu

Endorsed by Public Health England (PHE)

Note: Fresh drinking water is available and accesible at all times.

# CHEEKY MONKEYS



## Day Nursery

Print out  
and stick on  
the fridge!

### Monday

#### BREAKFAST

Selection of cereals with yoghurt and dried fruits

White toast and spread

#### MID-MORNING SNACK

Toasted English muffin and spread with a clementine

Milk or water

#### LUNCH

Fresh fish from the sea pie (or bean pie) with red cabbage and runner beans

Eve's pudding and custard

#### MID-AFTERNOON SNACK

Tomato slices and cheese cut into sticks

Milk or water

#### TEA

Cous cous with chicken (or houmous), beetroot and mixed salad  
Seasonal fruit salad

### Tuesday

#### BREAKFAST

Selection of cereals with milk and fresh fruit bowl

Wholemeal toast with, spread

#### MID-MORNING SNACK

Medley of garden vegetables with bean dip

Milk or water

#### LUNCH

Lamb tagine (or mixed bean tagine) with vegetable cous cous

Warm winter fruit salad and vanilla sauce

#### MID-AFTERNOON SNACK

Rice cake with pear

Milk or water

#### TEA

Tuna mayonnaise (or cheese) with a jacket potato and carrot and cucumber sticks

Bananas and custard

### Wednesday

#### BREAKFAST

Porridge with raisins  
Banana

#### MID-MORNING SNACK

Rice cakes with beetroot dip

Milk or water

#### MID-AFTERNOON SNACK

Pork meatballs (or vegetarian meatballs) with spaghetti, peas and carrots

Seasonal fruit salad

#### MID-AFTERNOON SNACK

Oatcake and satsuma

Milk or water

#### TEA

Sweet potato and lentil soup with wholemeal bread and spread

Yoghurt and mixed Berry compote

### Thursday

#### BREAKFAST

Selection of cereals with milk and Pear

Crumpet with spread

#### MID-MORNING SNACK

Banana

Milk or water

#### LUNCH

Chickpea and vegetable biryani

Mandarin jelly

#### MID-AFTERNOON SNACK

Baby corn, crackers and spread

Milk or water

#### TEA

Pea, ham (or veggie mince) and mushroom pasta bake

Rice pudding and apricots

### Friday

#### BREAKFAST

Cereal selection with milk and satsuma

Fruit toast and spread

#### MID-MORNING SNACK

Toasted pitta bread with mashed avocado

Milk or water

#### LUNCH

Roast chicken (or Quorn™ fillet) with roast potatoes, root vegetables and gravy

Yoghurt and dates

#### MID-AFTERNOON SNACK

Carrot, pepper sticks and houmous

Milk or water

#### TEA

Mexican bean and cheese wraps with red pepper and celery

Scrumptious seasonal fruits

# WEEK 2 Winter & Spring Menu

Endorsed by Public Health England (PHE)

Note: Fresh drinking water is available and accesible at all times.



## Day Nursery

Print out  
and stick on  
the fridge!

### Monday

#### BREAKFAST

Selection of cereals with milk

Plain bagel quarter with spread and chopped seasonal fruit

#### MID-MORNING SNACK

Carrot and pepper sticks

Milk or water

#### LUNCH

Lamb goulash (or bean goulash) with brown rice and green beans

Shortbread and satsuma segments

#### MID-AFTERNOON SNACK

Banana on toast

Milk or water

#### TEA

Wholemeal macaroni cheese with peas

Warm fruit salad and yoghurt

### Tuesday

#### BREAKFAST

Selection of cereals with milk and Banana

Wholemeal toast and spread

#### MID-MORNING SNACK

Rice cakes with cream cheese

Milk or water

#### LUNCH

Creamy chicken and leek hotpot (or Quorn<sup>TM</sup> and leek hotpot) with broccoli

Baked apple with cinnamon

#### MID-AFTERNOON SNACK

Yoghurt and pear

Milk or water

#### TEA

Squash and lentil soup with wholemeal bread and spread

Peaches and custard

### Wednesday

#### BREAKFAST

Selection of cereals with yoghurt

Pear slices

White toast with spread

#### MID-MORNING SNACK

Crackers with spread and sliced grapes

Milk or water

#### LUNCH

Beef lasagne (or tomato and lentil lasagne) with garlic bread and peas

Semolina with raisins

#### MID-AFTERNOON SNACK

Cheese sticks and tomatoes

Milk or water

#### TEA

Salmon (or chickpea) vegetable rice salad

Seasonal fruit salad

### Thursday

#### BREAKFAST

Cereal selection with milk and raisins

Crumpet and spread

#### MID-MORNING SNACK

Wholemeal pitta fingers with mint raita and cucumber sticks

Milk or water

#### LUNCH

Fish and pea fishcakes (or cheese and mushroom cakes) with potato wedges and spinach

Seasonal fruit salad and yoghurt

#### MID-AFTERNOON SNACK

Pineapple

Milk or water

#### TEA

Chicken fajitas (or vegetarian red pepper fajitas)

Fruit kebabs

### Friday

#### BREAKFAST

Cereal selection with milk

Toasted teacake and spread with apple

#### MID-MORNING SNACK

Seasonal Fruits

Milk or water

#### LUNCH

Sweet and sour tofu with noodles

Banana and cinnamon rice pudding

#### MID-AFTERNOON SNACK

Toasted English Muffin with spread and carrot sticks

Milk or water

#### TEA

Mixed bean chilli and jacket potato

Yoghurt with date and apple puree

# WEEK 3 Winter & Spring Menu

Endorsed by Public Health England (PHE)

Note: Fresh drinking water is available and accesible at all times.



## Day Nursery

Print out  
and stick on  
the fridge!

### Monday

#### BREAKFAST

Selection of cereals with  
yoghurt and dried fruits

Crumpet and spread

#### MID-MORNING SNACK

Rice cake and houmous

Milk or water

#### LUNCH

Mixed bean and root  
vegetable stew with herb  
cous cous

Apple and rhubarb  
crumble and custard

#### MID-AFTERNOON SNACK

Crackers and cream  
cheese

Milk or water

#### TEA

Homemade mackerel  
pate (or cheese) with  
baked potatoes and  
salad

Seasonal fruit salad

### Tuesday

#### BREAKFAST

Porridge with mixed fruits

#### MID-MORNING SNACK

Plain yoghurt and  
banana slices

Milk or water

#### LUNCH

Pork (or soya), leek and  
mustard casserole with  
mashed potatoes and  
Brussels sprouts

Banana pancakes

#### MID-AFTERNOON SNACK

Pitta bread and tzatziki  
with pepper sticks

Milk or water

#### TEA

Parsnip, butterbean and  
apple soup with a  
wholemeal roll and  
spread

Poached pears with  
Greek yoghurt

### Wednesday

#### BREAKFAST

Selection of cereals with  
milk

Plain pancake with  
banana

#### MID-MORNING SNACK

Avocado on toast

Milk or water

#### LUNCH

Chicken korma (or  
chickpea korma) with  
brown rice

Semolina with berry  
compote

#### MID-AFTERNOON SNACK

Seasonal chopped  
mixed fruit

Milk or water

#### TEA

Roast vegetable and red  
lentil pasta

Satsumas and grapes

### Thursday

#### BREAKFAST

Wholemeal toast and  
spread

Fruit platter

#### MID-MORNING SNACK

Carrot and celery sticks

Milk or water

#### LUNCH

Lamb pearl barley  
hotpot (or vegetarian  
pearl barley hotpot) with  
root vegetable mash

Mini carrot cakes

#### MID-AFTERNOON SNACK

Crumpets with spread  
and grapes

Milk or water

#### TEA

Cous cous and chickpea  
salad

Poached fruit and  
custard

### Friday

#### BREAKFAST

Yoghurt, fruit and cereal  
pots

White toast and spread

#### MID-MORNING SNACK

Breadsticks with apple

Milk or water

#### LUNCH

Fresh from the sea  
ratatouille (or lentil  
ratatouille) with white  
pasta

Fruity oat crumble  
sundaes

#### MID-AFTERNOON SNACK

Garden vegetable  
platter with Tomatoes

Milk or water

#### TEA

Pitta pockets with tu,  
cucumber and carrot  
salad

Yoghurt and mixed dried  
fruit