

## Nurseries by Gymfinity Kids Menu

	Breakfast 0700	Mid- morning snack 100	Lunch 1200	Mid- afternoon Snack 1400	Tea 1600	Evening snack 1800
<b>Monday</b>	Weetabix/Shreddies with milk and sliced fresh fruit or toast with cream cheese spread or butter	Crackers and marmite or butter	Beef chilli con carne with kidney beans Served with basmati rice  Oaty flapjacks	Banana cake	Fish cakes with potatoes  Fruit cake	Mixed fruit salad made by nursery
<b>Tuesday</b>	Weetabix/Shreddies with milk and sliced fresh fruit or toast with cream cheese spread or butter	Homemade cheese straws made by nursery	Mediterranean vegetable tagin  Carrot cake	Cheese, grapes, tomatoes, bread sticks with dip	Beef in light hoisin sauce and over roasted courgette  Natural yogurt	Fruitloaf with butter
<b>Wednesday</b>	Weetabix/Shreddies with milk and sliced fresh fruit or toast with cream cheese spread or butter	Geek yogurt and berries	Roast chicken with vegetables and egg noodles  Apple crumble made the nursery	Toast with butter or jam	Tuna pasta bake  Fresh fruit	Oatcake and butter
<b>Thursday</b>	Weetabix/Shreddies with milk and sliced fresh fruit or toast with cream cheese spread or butter	Cracker and chesses	Sticky vegan bake with pasta  Yogurt with mixed berries	Pizza swirls made by nursery	Cheesy Butternut & Lentil Potato Bake  Fruit sorbet	Mini pancakes
<b>Friday</b>	Weetabix/Shreddies with milk and sliced fresh fruit or toast with cream cheese spread or butter	Scones with butter	Beef in light plum sauce, roast potatoes and vetables.  Vegan muffins	Oat cakes	Chick pea and sweetcorn salad with egg noodles  Biscuits made by the nursery	Fresh fruit