

Nurseries by Gymfinity Kids Menu

	Breakfast 0700	Mid- morning snack 1000	Lunch 1200	Mid- afternoon Snack 1400	Tea 1600	Evening snack 1800
Monday	Weetabix/Shreddies with milk and sliced fresh fruit or toast with cream cheese spread or butter	Breadsticks and cream cheese	Lentil and chickpea dhal with herby couscous Fruit cake	Carrot, cucumber, apple sticks	Fish fingers with seasonal mixed vegetables Strawberry yoghurt	Oatmeal bar
Tuesday	Weetabix/Shreddies with milk and sliced fresh fruit or toast with cream cheese spread or butter	Fresh fruit salad made by the nursery	Beef chilli con carne with basmati rice Apple and raisin flapjacks	Fruit scone with butter	Winter vegetables with chickpeas and egg free noodles Served with a cauliflower coulis Marble cake	Crackers and marmite or butter
Wednesday	Weetabix/Shreddies with milk and sliced fresh fruit or toast with cream cheese spread or butter	Mini pancakes with berries	Chicken and leeks with carrots in a creamy sauce Served with paprika potatoes Forest fruit compote	Fruitloaf with butter	Baked pasta with mediterranean vegetables and tuna Rice Krispie Apricot slice	Fresh fruit salad
Thursday	Weetabix/Shreddies with milk and sliced fresh fruit or toast with cream cheese spread or butter	Humours with celery, carrot and cucumber sticks	Pollack fish chowder Served with yellow rice Courgette and carrot cake	Fresh fruit salad	Sweet and sour veggies with pepper and bite sized tasty pineapple with egg free noodles	Scrambled egg on toast
Friday	Weetabix/Shreddies with milk and sliced fresh fruit or toast with cream cheese spread or butter	Fresh fruit salad	Chicken pasta bake with a sweet carrot sauce Peach yogurt	Home-made banana cake made by the nursery	Smoked paprika chicken with a zesty tomato sauce Served with basmati rice Beetroot and chocolate cake	Beans on toast

*All meals to be self served by the children.

*Lunch and tea to be served with water and snacks to be served with a choice of milk and water.