



The Fruit Tree Day Nursery

Weekly Menu Plan

Week 3 & Week 4

Nutritious Delicious Meals

We develop menus and provide food that meets and exceeds the government's compulsory minimum nutritional requirements, which include:

- A balanced diet with plenty of variety.
- Plenty of fresh fruit and vegetables & use mostly Brown Bread.
- Plenty of food rich in calcium and iron.

In addition to the guidelines, we also:

- Use no artificial additives in the preparation of our meals.

Source local and seasonal ingredients.

Offer a varied menu, which will help to develop children's tastes.

- Cater for all dietary & cultural requirements

WATER, MILK & FRESH FRUIT SERVED DAILY

VEGETARIAN ALTERNATIVES ALSO AVAILABLE

Monday

WEEK 3

Breakfast

Selection of cereals and Milk

Lunch

Mild Jerk Chicken with Cous Cous (Chicken, mixed herb, mild jerk seasoning, onions, garlic, tomatoes, Cous Cous, butter)

Dessert

Exotic fruit platter (a selection of exotic fruit, ask for further details)

Tea

Pancakes with Jam or cheese (flour, egg, milk, salt, strawberry jam, cheddar cheese, caster sugar)

WEEK 4

Breakfast

Selection of cereals and Milk

Lunch

Chickpea curry with rice (garam masala for the meatballs, quorn mince, egg, onion, garlic, breadcrumbs made from fresh bread that contains flour and yeast, flour, mild curry powder, tomatoes, mixed vegetable pack, mixed dried herbs)

Dessert

Exotic Fruit Platter (a selection of exotic fruit ask for further details)

Tea

Homemade Pizza with cheese or ham (flour, yeast, salt, water, oil, tomato pizza topping that contains: tomato puree, canned tomatoes, garlic, mixed herbs. Cheddar cheese, sliced ham)

Tuesday

Breakfast

Selection of cereals and Milk

Lunch

Lamb and Vegetable pie with mash potato (Lamb, vegetables, onion, cloves, garlic, white potatoes, shortcrust pastry made from: flour, butter, and water)

Dessert

Jam roly polly (vegetable oil spread, caster sugar, lemon, eggs, self raising flour, icing sugar)

Tea

Potato salad, croutons and cucumber (New potatoes, mayonnaise contains: egg yolks, vinegar, mustard, oil, water. Bread contains flour, yeast, water and salt, Cucumber.)

Breakfast

Selection of cereals and Milk

Lunch

Barbecue flavored Chicken with Wedges and corn on the cob (Heinz barbecue sauce made from sugar, vinegar, tomato puree, water, garlic, salt. Corn on the Cobs, long grain rice)

Dessert

Cinnamon Pinwheels (brown sugar, caster sugar, ground cinnamon, vegetable oil spread, puff pastry made from: flour, butter, salt and water)

Tea

Rosemary and garlic bread with cucumber (garlic bulb, vegetable oil spread, dried rosemary, olive oil, water, yeast, bread flour)

Wednesday

Breakfast

Selection of cereals and Milk

Lunch

Spaghetti Bolognaise (Spaghetti made from durum wheat, onion, garlic, tomato puree, canned tomatoes, mixed herbs, quorn mince)

Dessert

Fruit salad and whipped cream (Mixed Fruit cherries, eggs, double cream, sugar)

Tea

Potato alphabets with beans (Potato alphabets contain: potato, sunflower oil, and turmeric. Baked beans contains: haricot beans, tomatoes, water, sugar, salt, onion powder, paprika)

Breakfast

Selection of cereals and Milk

Lunch

Lentil, carrot and potato stew with bread (green lentils, carrots, potatoes, onion, garlic, tomato puree, vegetable stock, cornflour, bread that contains: flour, yeast and water)

Dessert

Strawberry Sorbet (strawberries, eggs, double cream and sugar)

Tea

Tuna pasta with sweetcorn and mayo (Potatoes, sunflower oil, onions, turmeric, pepper, baked beans contains: haricot beans, tomatoes, water, sugar, salt, onion powder, paprika.)

Thursday

Breakfast

Selection of cereals and Milk

Lunch

Chicken Pesto Pasta (chicken, garlic, fresh basil, oil, cheese, pasta made from durum wheat, mixed vegetable pack of which contains; carrot, sweetcorn and peas.)

Dessert

Chocolate and raspberry Trifle (orange juice, sponge fingers, frozen raspberries, custard powder, milk, plain chocolate, double cream)

Tea

Vegetable Jamaican patties (Puff pastry made from flour, butter, water and salt. Mixed vegetable pack containing cauliflower, carrots, peas and sweetcorn. Canned tomatoes, tomato puree, garlic, mixed herbs and onions.)

Breakfast

Selection of cereals and Milk

Lunch

Chicken Chow Mein (chicken, soya sauce, garlic, chinese five spice, egg noodles contain durum wheat, mixed peppers, sweetcorn.

Dessert

Summer fruit tarts (blind baked sweet pastry made from flour, sugar, butter, eggs and water, custard powder, milk, Summer fruit pack containing: raspberries, strawberries, blackberries, blueberries, blackcurrants and redcurrants)

Tea

Chicken Nuggets and Spaghetti hoops (Chicken nuggets contain chicken breast, potato starch, wheat flour, cornflour, pepper extract, yeast. Baked beans contain; haricot beans, tomatoes, water, sugar, salt, onion powder, paprika.)

Friday

Breakfast

Selection of cereals and Milk

Lunch

Salmon Paella (soya sauce, garlic, honey, mixed fish e.g salmon, basa, smoked haddock. Mixed peppers, long grain rice)

Dessert

Summer Fruit Yoghurt (Summer fruit package containing strawberries, blackberries, redcurrants, blackcurrants, blueberries, raspberries. Natural yoghurt, double cream and sugar)

Tea

Pitta breads with a selection of ham turkey and cheese (bread made from water, yeast and flour, sliced ham, sliced turkey, cheddar cheese, Vegetable oil spread.)

Breakfast

Selection of cereals and Milk

Lunch

Fish and Chips (basa or cod fillets, carbonated water, self raising flour, frozen peas, frozen chips made from potatoes and vegetable oil)

Dessert

Peach Yoghurt (canned peaches, double cream, natural yoghurt, caster sugar)

Tea

Breadsticks with dip, carrot sticks and cucumber sticks (crackers made from flour, vegetable oil, salt and yeast, sliced ham, sliced turkey, vegetable oil spread, cheddar cheese)