

KIDS INC NURSERIES - SAMPLE MENUS

MONDAY

Breakfast

Selection of Cereals, Porridge, Toast
Selection of Fresh Fruit
Yoghurt
Milk, Sugar Free Orange Juice or Water

Mid Morning Snack

Selection of Seasonal Fruits

Lunch

Spaghetti Bolognese or Vegetable Bolognese
Fresh Fruit Salad

Afternoon Tea

Roti with Mint Yoghurt & Cucumber Sticks
Apple

Late Afternoon Snack

Carrot and Celery Sticks



TUESDAY

Breakfast

Selection of Cereals, Porridge, Toast
Selection of Fresh Fruit
Scrambled or Poached Egg
Milk, Sugar Free Orange Juice or Water

Mid Morning Snack

Selection of Seasonal Fruits

Lunch

Chicken & Sweetcorn Pie or Quorn & Sweetcorn Pie
Boiled Potatoes
Rice Pudding

Afternoon Tea

Tomato & Basil Soup with Brown Breadsticks
Pineapple

Late Afternoon Snack

Carrot and Cucumber Sticks

KIDS INC NURSERIES - SAMPLE MENUS

WEDNESDAY

Breakfast

Selection of Cereals, Porridge, Toast
Selection of Fresh Fruit
Sausage or Vegetarian Sausage in a Bread Roll
Milk, Sugar Free Orange Juice or Water

Mid Morning Snack

Selection of Seasonal Fruits

Lunch

Mediterranean Couscous
Sponge Cake with Custard

Afternoon Tea

Potato Wedges with Tomato Salsa
Grapes

Late Afternoon Snack

Carrot and Celery Sticks



THURSDAY

Breakfast

Selection of Cereals, Porridge, Toast
Selection of Fresh Fruit
Pancakes
Milk, Sugar Free Orange Juice or Water

Mid Morning Snack

Selection of Seasonal Fruits

Lunch

Pork & Leek Sausage or Vegetarian Sausage
Pasta Bake with Country Vegetables
Jam Roly Poly with Ice-Cream

Afternoon Tea

Selection of Sandwiches
Oranges

Late Afternoon Snack

Carrot and Cucumber Sticks

KIDS INC NURSERIES - SAMPLE MENUS

FRIDAY

Breakfast

Selection of Cereals, Porridge, Toast
Selection of Fresh Fruit
Croissants
Milk, Sugar Free Orange Juice or Water

Mid Morning Snack

Selection of Seasonal Fruits

Lunch

Savoury Chicken Rice or Savoury Vegetable Rice
Apple Crumble with Custard

Afternoon Tea

Pizza Fingers
Melon

Late Afternoon Snack

Carrot and Celery Sticks

