

Ladybirds Day Nursery Menu



Week 1 Menu					
Breakfast: 8–9am	A selection of lower sugar cereals (Wheat biscuits, Cornflakes, Puffed rice or Wheat squares)				
Morning snack: 10 / 10.30am	Examples: Cheese on toast, breakfast muffins, toasted fruit loaf, pancakes, crackers. crispbread with soft cheese, breadsticks or pitta fingers and dips, pikelets, cold meat, garlic bread, vegetable sticks, fruit.				
Lunch 11.45am	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Garlic new potatoes with cold meats and vegetables	Fish topped with breadcrumbs, vegetables and rice	Chicken and bacon carbonara with vegetables and garlic bread	Cheese and vegetable pasty with baked beans	Spaghetti Bolognese, vegetables with garlic bread
Vegetarian Option	Quorn vegetarian ham	Quorn sausage	Quorn meat free style chicken	N/A	Tesco meat free mince
Desserts	Fromage Frais	Ice cream and wafer	Fruit	Pancake	Bread and butter pudding with raspberries
Afternoon Snack: 2 / 2.30pm	Vegetable sticks, fruit, cheese, cold meat, crackers, crispbreads, breadsticks, rice cakes with soft cheese.				
Tea: 4pm	Ravioli	Chicken Burger in a bap	Sandwiches	Pizza slices	Cheese on toasted Muffins

Drinks of water are provided with meals and throughout the day & milk with snacks
 Menus can be adapted to suit children's dietary requirements
 For Allergen Information please ask staff.

Children are offered food roughly every 2 hours throughout the day and you will be told what they have had to eat.
 If there are dishes your child doesn't eat you can provide a packed lunch or inform staff that a nursery packed lunch is required (a sandwich, fromage frais and fruit). Unless your child has dietary requirements, no other alternatives will be offered.

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Week 2 Menu					
Breakfast: 8–9am	A selection of lower sugar cereals (Wheat biscuits, Cornflakes, Puffed rice or Wheat squares)				
Morning snack: 10 / 10.30am	Examples: Cheese on toast, breakfast muffins, toasted fruit loaf, pancakes, crackers. crispbread with soft cheese, breadsticks or pitta fingers and dips, pikelets, cold meat, garlic bread, vegetable sticks, fruit.				
Lunch 11.45am	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Jacket potato with cheese and baked beans	Ham and sweetcorn soft cheese pasta, peas and crispy tortillas	Turkey and bacon risotto with vegetables and garlic bread	Scrambled egg, toasted muffins and baked beans	Fish fingers with crispy potatoes and spaghetti hoops
Vegetarian Option	N/A	Quorn vegetarian ham	Tesco meat free mince	NA	Quorn sausage
Desserts	Fruit	Fruit crumble	Fromage frais	Ice cream and wafer	Pancake
Afternoon Snack: 2 / 2.30pm	Vegetable sticks, fruit, cheese, cold meat, crackers, crispbreads, breadsticks, rice cakes with soft cheese.				
Tea: 4pm	Sandwiches	Pizza slices	Wraps with soft cheese or ham and mayonnaise	Ravioli	Tomato pasta

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Week 3 Menu					
Breakfast: 8–9am	A selection of lower sugar cereals (Wheat biscuits, Cornflakes, Puffed rice or Wheat squares)				
Morning snack: 10 / 10.30am	Examples: Cheese on toast, breakfast muffins, toasted fruit loaf, pancakes, crackers. crispbread with soft cheese, breadsticks or pitta fingers and dips, pikelets, cold meat, garlic bread, vegetable sticks, fruit.				
Lunch 11.45am	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Roast chicken with potatoes and vegetables	Yorkshire puddings, cocktail sausages, peas and gravy	Cottage pie with vegetables and gravy	Quorn nuggets, spicy wedges and vegetables	Buttered pasta, garlic bread and hot mixed bean salad
Vegetarian Option	Quorn chicken style pieces	Quorn sausages	Tesco meat free mince	NA	NA
Desserts	Custard	Ice cream and wafer	Pancake	Fruit	Fromage frais
Afternoon Snack: 2 / 2.30pm	Vegetable sticks, fruit, cheese, cold meat, crackers, crispbreads, breadsticks, rice cakes with soft cheese.				
Tea: 4pm	Wraps with soft cheese or ham and mayonnaise	Tomato Bolognese pasta	Fish finger sandwich	Cheese on toasted muffins	Pizza slices

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