

Ladybirds Day Nursery Menu: Jan 2021



Week 1 Menu

Breakfast: 8–9am	A selection of lower sugar cereals (Wheat biscuits, Multigrain hoops, Cornflakes, Puffed rice or Wheat squares)				
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack: 10 / 10.30am	Crackers	Fruit	Vegetable sticks	Crumpets	Crackerbread
Lunch 11.45am Main Course	Tomato Pasta, Sweetcorn and Garlic Bread	Roast Chicken, Potatoes, mixed veg and gravy	Jacket Potatoes, beans, and cheese	Fish Cakes, Mashed potato, and peas	Turkey and Bacon Risotto with green beans
Vegetarian Option	N/A	Meat free Chicken	N/A	Vegetable fingers	Vegetable risotto
Desserts	Fromage Frais	Sugar Free Jelly	Ice cream	Fruit	Mixed Berry Crumble
Afternoon Snack: 2 / 2.30pm	Vegetable sticks	Cold meat and crackers	Fruit	Crackerbread	Rice cakes
Tea: 4pm	Wraps with Soft cheese or ham	Baked Beans on Toast	Pizza	Cheese on toasted muffins	Sandwiches with soft cheese or ham

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.

Ladybirds Day Nursery Menu: Jan 2021



Week 2 Menu					
Breakfast: 8–9am	A selection of lower sugar cereals (Wheat biscuits, Cornflakes, Puffed rice, multigrain hoops, or Wheat squares)				
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack: 10 / 10.30am	Crackerbread	Crackers	Fruit	Vegetable sticks	Crumpets
Lunch 11.45am Main Course	Ham, garlic potatoes and mixed vegetables	Chilli con carne with rice	Meat free cottage pie with broccoli	Fish fingers, wedges, and spaghetti hoops	Cheese and broccoli pasta bake with garlic bread
Vegetarian Option	Meat free slices	Meat free mince	N/A	Vegetable fingers	N/A
Desserts	Ice Cream	Fruit	Fromage Frais	Banana and Custard	Pancakes
Afternoon Snack: 2 / 2.30pm	Fruit	Rice cakes	Crackerbread	Crackers	Vegetable sticks
Tea: 4pm	Fish finger Sandwiches	Ravioli	Sandwiches with soft cheese or ham	Tomato pasta	Wraps with soft cheese or ham

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.

Ladybirds Day Nursery Menu: Jan 2021



Week 3 Menu					
Breakfast: 8–9am	A selection of lower sugar cereals (Wheat biscuits, Cornflakes, Puffed rice or Wheat squares)				
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack: 10 / 10.30am	Rice cakes	Crackerbread	Crumpets	Fruit	Vegetable sticks
Lunch 11.45am Main Course	Vegetable fingers, wedges and spaghetti hoops	Pasta bolognese, mixed vegetables and garlic bread	Homemade breaded fish with crispy potatoes and beans	Vegetable Korma with rice and naan bread	Chicken and bacon Spaghetti carbonara with peas and garlic bread
Vegetarian Option	N/A	Meat free mince	Vegetable fingers	N/A	Vegetable Carbonara
Desserts	Fruit	Banana and Custard	Ice cream	Fromage frais	Sugar free jelly
Afternoon Snack: 2 / 2.30pm	Crackerbread	Vegetable sticks	Fruit	Rice cakes	Cold meat and crackers
Tea: 4pm	Sandwiches with soft cheese or ham	Chicken burgers	Wraps with soft cheese or ham	Spaghetti hoops on toast	Pizza

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.