

Week ONE – Winter Menu



LITTLE GARDEN
DAY NURSERIES

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Penne bolognese Penne quorn bolognese Garlic bread finger Fresh green Salad	Home-made Chicken curry Tanzanian bean stew Fresh vegetable medley Brown grain rice	Home-made vegetarian moussaka Tomato Bruschetta	Fish pie with crunchy lemon topping Vegetable and lentil pie with crunchy topping	Turkey, sweet potato and squash pie Vegetable, sweet potato, and squash pie
Orange Sponge and custard or Choice of fresh yoghurt	Seasonal fruit salad or Choice of fresh yoghurt	Apple and cinnamon crumble or Choice of fresh yoghurt	Cherry and oat cookie or Choice of fresh yoghurt	Fruit jelly and ice cream or Choice of fresh yoghurt

Tea

Monday	Tuesday	Wednesday	Thursday	Friday
Potato and cheese pie Fruit Platter	Sweet and sour chicken with noodles vegetable sweet and sour noodles Melon with mango coulis	Jacket potatoes, tuna and sweetcorn topping Banana bread and sliced apple	Chefs pizza selection Greek yogurt seasonal fruit	Creamy macaroni cheese Sliced tomato Ginger and dark chocolate cake

Week TWO – Winter Menu



LITTLE GARDEN
DAY NURSERIES

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Beef enchiladas Mixed vegetable enchiladas Potato wedges	Irish stew crispy brown potatoes Vegetable and sweet potato stew	Vegetarian sausages with basmati rice Tomato and red onion salad	Roast chicken Soya fillet Roast potatoes Roasted carrots and courgette	Fish Kedgeree Vegetable Kedgeree Green beans
Apple and banana flap jack or choice of fresh yoghurt	St Clements fruit fool or choice of fresh yoghurt	White chocolate blondie or choice of fresh fruit yoghurt	Rice pudding cherry coulis or choice of fresh yoghurt	Fresh fruit platter or choice of fresh yoghurt

Tea

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato soup brown bread croutons, Ploughmans tea Chocolate Krispy cakes	Barbeque chicken wraps Barbequed Quorn wraps Carrot cake	Spanish omelette and coleslaw salad Mushroom bake Chefs choice of muffin	Broccoli cauliflower and sweetcorn bake Lemon thumb print cookie	Tagliatelle carbonara Fresh yoghurt sliced banana

Week THREE - Winter menu



LITTLE GARDEN
DAY NURSERIES

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Chilli con carne Vegetable chilli carne Garden peas and sweetcorn	Chicken and mushroom pasta Quorn and mushroom pasta Grilled baked tomato	Sweet potato and coconut curry with rice and pitta bread Mixed green salad	Fish mornay with mashed potato Vegetable mornay with mashed potato Whole green beans	Turkey neapolitan Penne pasta Penna pasta Neapolitan
Vanilla ice cream chocolate sauce or choice of fresh yoghurt	Apple pie with custard sauce or choice of fresh yoghurt	Peach and raspberry posset or choice of fresh yoghurt	Mango and peach crunch or choice of fresh yoghurt	Baked apple, sultana and cinnamon. Crème fraiche or choice of fresh yoghurt

Tea

Monday	Tuesday	Wednesday	Thursday	Friday
Home-made falafel and wraps Mixed salad Melon and berry medley Greek yoghurt	Antipasti platter bridge roll Spicy banana bread	Bread sticks, soft quark cheese and vegetable crudities. Home-made flap jacks	Mediterranean stuffed peppers Blueberry muffins	Freshly made cream of parsnip, apple and butterbean soup, Fresh salad bridge rolls Grape and apple slices

Week FOUR - Winter menu



LITTLE GARDEN
DAY NURSERIES

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Lamb Biryani with bombay aloo potatoes Pane cheese and peas in a tomato sauce with naan bread	Pasta fusilli with tuna, sweetcorn and green peas Pasta Fusilli mushroom and cream sauce cheesy garlic bread	Thai vegetable curry boiled rice	Home-made chicken and leek pie Mixed vegetable crusty bake Olive dressed potatoes Mixed vegetables	Turkey stroganoff Quorn and mushroom stroganoff Spicy potato wedges
Seasonal fruit salad and Greek yoghurt or choice of fresh yoghurt	Fruit trifle or choice of fresh yoghurt	Lemon and raisin and courgette sponge with custard sauce or choice of fresh yoghurt	Fruit jelly vanilla ice cream or choice of fresh yoghurt	Lemon cheesecake or choice of fresh yoghurt

Tea

Monday	Tuesday	Wednesday	Thursday	Friday
Potato, cheese and leek pie Chocolate mousse	Sweet potato rosti and dill mayonnaise Blackberry and apple crumble	Vegan burger and chick pea patties served with vegan mayonnaise Fruit yoghurt with sultanas	Selection of pizzas, ham and pineapple or margarita Mini cup cakes	Broccoli and cauliflower cheese Fruit platter

Baby weaning - Winter menu

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Sweet potato & green beans Pea & Mint	Mixed Vegetables Carrot & Apples	Chicken & Rice Broccoli & Pasta	Pumpkin Potato & Green beans	Chickpeas & Squash White Fish & potato

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Creamy vegetables white fish & peas	Chicken & Broccoli Cauliflower cheese	Potato & Green beans Parsnip mash	Swede & Carrot Roasted mixed Vegetables	Sweet potato & Apple Mixed Vegetables

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Pumpkin Cheese Pasta	Bean casserole Potatoes & Peas	Spinach & Potatoes Cauliflower & Broccoli	Vegetable medley Carrot & Apricots	Chicken & Carrot Squash & sweet potatoes

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Parsnip & Apple White fish & Green beans	Avocado & Mango Carrot & Potato	Chicken & Rice Spinach & Squash	Vegetable medley Carrot & Apricots	Chicken & Carrot Squash & sweet potatoes

Winter Menu – Breakfast/Snack Options



LITTLE GARDEN

DAY NURSERIES

Breakfast options

Monday	Tuesday	Wednesday	Thursday	Friday
Porridge Scrambled Eggs Selection of cereals (Weetabix, Cornflakes, Ricepuffs) Yogurt Fruit Toast Warm milk English Muffins	Porridge Scrambled Eggs Selection of cereals (Weetabix, Cornflakes, Ricepuffs) Yogurt Fruit Toast Warm milk English Muffins	Porridge Scrambled Eggs Selection of cereals (Weetabix, Cornflakes, Ricepuffs) Yogurt Fruit Toast Warm milk English Muffins	Porridge Scrambled Eggs Selection of cereals (Weetabix, Cornflakes, Ricepuffs) Yogurt Fruit Toast Warm milk English Muffins	Porridge Scrambled Eggs Selection of cereals (Weetabix, Cornflakes, Ricepuffs) Yogurt Fruit Toast Warm milk English Muffins

Snack options

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable sticks Fruit sticks Oat Cakes Cheese fingers Rice Cakes	Vegetable sticks Fruit sticks Oat Cakes Cheese fingers Rice Cakes	Vegetable sticks Fruit sticks Oat Cakes Cheese fingers Rice Cakes	Vegetable sticks Fruit sticks Oat Cakes Cheese fingers Rice Cakes	Vegetable sticks Fruit sticks Oat Cakes Cheese fingers Rice Cakes