

# ***Flying Start Nursery***

## ***Menu 1***

***Week Commencing:***

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Snack (10am)	Grapes  Rice cakes	Pears  Crackerbread	Pineapple  Corn thins	Bananas  Water crackers	Satsumas  Oatcakes
Lunch (12 noon)	Vegetable Pilaf  Greek yoghurt & mixed berries	Cottage Pie & carrots  Trifle	Italian fish stew and crusty bread  Fruit pie and ice cream	Chicken & vegetable gratin  Yoghurt	Corned beef hash with spinach  Apple sponge and custard
Snack (2.30pm)	Melon  Biscuits	Carrots  Oatcakes	Humous  Breadsticks	Blueberries  Biscuits	Fruit  Cream crackers
Tea (4.30pm)	Jacket potato and beans  Syrup cake	Fishcakes & peas  Milk lollies	Loaded potato skins with spinach & sweetcorn  Fruit salad	Pizza pin wheels  Chocolate mousse	Tuna pittas & cucumber  Frozen yoghurt