

Flying Start Nursery

Menu 3

Week Commencing:

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack (10am)	Grapes Rice cakes	Pears Crackerbread	Pineapple Corn thins	Bananas Water crackers	Satsumas Oatcakes
Lunch (12 noon)	Vegetable lasagne Yoghurt & mixed berries	Chicken & pea pilaf Jelly with mandarins & ice cream	Vegetable chilli and rice Cornflake tart	Cod and broccoli in cheese sauce & new potatoes Fruit pie and custard	Lamb hotpot and cauliflower Yoghurt & fruit
Snack (2.30pm)	Melon Biscuits	Carrots Oatcakes	Humous Breadsticks	Blueberries Biscuits	Fruit Cream crackers
Tea (4.30pm)	Ham wraps & cucumber Syrup cake	Loaded potato skins with cheese and tomato Yoghurt	Fishcakes & baked beans Fruit lollies	Pizza pin wheels and carrot sticks Frozen yoghurt	Cream cheese and ham pittas and veg sticks Ginger cake

