

Robsack Wood Nursery Menu and Food Guide for Under 5's

Breakfast

- Selection of cereals (Weetabix, rice crispies, shreddies)
- Porridge upon request
- Dried fresh fruit to be offered each morning
- Bread product (toast, bagel, crumpet)
- Spreads such as margarine, jam, marmite, lemon curd, honey
- Milk and water offered to drink

Snack

- **One** starchy carbohydrate (breadsticks, crackers, rice cake)
- Cheese spread, margarine, cubes of cheese, ham slices – children can choose **one** of these
- Dried and fresh fruit
- Milk and water offered to drink

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Week 1</u>	Main: ½ Jacket potato with beans/tuna and cheese. Side: Cucumber & Peppers	Main: Ham/tuna and cheese toasted Pitta/sandwich Side: Roasted vegetables	Main: puff pastry bake with children's choice of healthy topping (pepper, mushrooms, tomato, sweetcorn) Side: sweet potato/potato wedges.	Main: vegetable pasta bake (courgette, mushrooms, tomato –tinned and fresh, sweetcorn, pepper) Side: none	Main: pizza muffin/wrap with children's choice of healthy topping (tomato, pepper, mushroom, sweetcorn etc) Side: carrot & celery sticks
	Fruit Salad (fresh or tinned fruit)	Homemade biscuit with fruit (fresh or tinned)	Rice pudding with jam/marmalade	Yoghurt/piece of fruit	Jelly with fruit (fresh or tinned)
<u>Week 2</u>	Main: Pitta/wrap with cream cheese/Ham/turkey Side: Celery & cucumber sticks	Main: toasted muffin/bagel with scrambled egg/beans Side: carrot & cucumber sticks	Main: toasted sandwich/wrap with ham/tuna and cheese Side: cucumber, pepper & tomato	Main: omelette muffins (mushroom, tomato, cheese, pepper etc) Side: cucumber & celery	Main: ½ jacket potato with cheese, ham and pea/sweetcorn filling Side: Beans
	Bananas/peaches and custard	Fruit smoothies	Fruit pie	Jelly	Fruit muffin

***All Dietary needs will be taken in to account and catered for upon notification (eg, Gluten free, vegetarian, etc)**