

Redbrook Day Nursery Winter Menu - Week 1

Served 1st October - 1st March. Fruit and vegetables will be varied and seasonal depending on availability. The **green** highlights are vegetarian options and **yellow** are

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7.30-8.30am Served with milk	Choice of Weetabix, shreddies, corn flakes or porridge. Selection of apples, bananas and pears	Choice of Weetabix, rice crispies, corn flakes or porridge. Selection of apple sticks and blackcurrants	Choice of Weetabix, shreddies, corn flakes or porridge. Selection of bananas and pears	Choice of Weetabix, rice crispies, corn flakes or porridge. Selection of apple sticks and oranges	Choice of Weetabix, shreddies, corn flakes or porridge. Selection of blueberries, bananas and pears
Morning snack 9.45am Served with milk or water	Selection of seasonal fruit - berries, apples, pears, banana Breadsticks with a homemade hummus dip	Wholemeal toast with margarine Apple & pear slices	Crumpets with margarine Carrot & cucumber sticks	Wholemeal toast with margarine Pear & Berries	Selection of seasonal fruit = berries, apples, pears, banana Breadsticks with homemade cheese & chive dip
Lunch & Dessert 11.45am Served with water	Homemade lentil, leek and green bean stew with cheddar and spinach mash Homemade semolina topped with winter currents	Homemade mac 'n' salmon cheese pasta bake. Served with cauliflower & broccoli (black beans) Winter berries & custard	Homemade pork & apple casserole. Served with mash potatoes and parsnips (quorn meat) Stewed fruit cocktail - apples, pears and rhubarb	Homemade beef hotpot, with sliced potatoes, carrots, cauliflower and cabbge. (soya protein) Natural yoghurt & warm chunky peaches	Homemade cod & salmon fishcakes. Served with mash & peas (quorn meat fillets) Homemade apple and cranberry crumble
Afternoon tea 3.00pm Served with milk & water	Beans on wholemeal toast Orange slices and apple chunks	Chicken & cheese topped pizza buns. Served with lettuce & pepper sticks Apples & bananas	Spicy tomato and pumpkin soup with whole meal bread. Oranges and bananas	Vegetable and lentil cous cous Apples & pears	Homemade chicken & mushroom soup. Served with brown bread Orange slices

Redbrook Nursery Winter Menu-Week 2

Served 1st October - 1st March. Fruit and vegetables will be varied and seasonal depending on availability. The **green** highlights are vegetarian options and **yellow** are vegan days

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7.30am-8.30am Served with milk	Choice of Weetabix, shreddies, corn flakes or porridge. Selection of blueberries, bananas and pears	Choice of Weetabix, rice crispies, corn flakes or porridge. Selection of apple sticks and raspberries	Choice of Weetabix, shreddies, corn flakes or porridge. Selection of blueberries, bananas and pears	Choice of Weetabix, rice crispies, corn flakes or porridge. Selection of apple sticks and raspberries	Choice of Weetabix, shreddies, corn flakes or porridge. Selection of blueberries, bananas and pears
Morning snack 9.45am Served with milk & water	Wholemeal toast with margarine Oranges & grapes	Selection of seasonal fruit Natural yoghurt dip	Crackers with a cheese spread Cucumber & Carrot sticks	Wholemeal toast with margarine Bananas & Berries	Selection of seasonal fruit Breadsticks with a homemade hummus dip
Lunch & dessert 11.45am Served with water	Homemade beef lasagna with salad. (chickpeas) Apple and blueberry crumble with natural yoghurt	Homemade pasta carbonara. Served with ham & mushrooms in a cheese sauce. (tofu) Stewed pears and rhubarb oat crunch	Homemade shepherds & chickpea pie. Served with mash & mixed vegetables Homemade rice pudding, topped with raspberries & raisins	Homemade sweet & sour quorn risotto with onions, peas and carrots Fruit Jelly	Fish fingers served with new potatoes & peas (quorn fillet meat) Homemade banana loaf. Served with custard
Afternoon tea 3.00pm Served with milk & water	Leek and potato soup with white bread Oranges and banana	Homemade pea and carrot quiche. Served with tomatoes and cucumber Apple & pear slices	Egg & cress sandwiches. Served with lettuce, carrot & cucumber sticks Bananas & pear	Crumpets topped with pilchards, cheese & tomato Mango slices	Spaghetti hoops on whole meal toast Carrot & pepper sticks

Served 1st October - 1st March. Fruit and vegetables will be varied and seasonal depending on availability. The **green** highlights are vegetarian options and **yellow** are vegan days.

Redbrook Day Nursery Winter Menu - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7.30am-8.30am Served with milk	Choice of Weetabix, shreddies, corn flakes or porridge. Selection of apple sticks and raspberries	Choice of Weetabix, rice crispies, corn flakes or porridge. Selection of blueberries, bananas and pears	Choice of Weetabix, shreddies, corn flakes or porridge. Selection of apple sticks and raspberries	Choice of Weetabix, rice crispies, corn flakes or porridge. Selection of blueberries, bananas and pears	Choice of Weetabix, shreddies, corn flakes or porridge. Selection of apple sticks and raspberries
Morning snack 9.45am Milk & water	Selection of seasonal fruit Breadsticks with a hummus dip	Wholemeal toast with margarine Water Melon & Pear	Selection of seasonal fruit Natural yoghurt & berries	Cracker bread with margarine Cucumber sticks and tomatoes	Wholemeal toast with margarine Apple & pear slices
Lunch and desert 11.45am Served with water	Homemade chili con carne. Served with rice & sweetcorn (pulses/beans) Warm apple chunks with natural yoghurt	Homemade salmon & broccoli pasta bake. Served peas, (tofu) Homemade carrot cake	Homemade chunky pork pie. Served with mash and vegetables (quorn chicken) Homemade bread and butter pudding	Homemade fruity Moroccan chickpea casserole, with mango and raisins Homemade berry muffins	Homemade salmon fishcakes served with wedges and mixed vegetables (veggie fingers) Blackberry and pear crumble with custard
Afternoon tea 3pm Milk & water	Cheesy beans on wholemeal toast Banana & kiwi	Homemade chicken and sweetcorn soup. Served with a crusty roll Oranges & grapes	Turkey & crispy salad wraps Cucumber & pepper sticks	Homemade cauliflower and broccoli soup with whole meal bread Apple & pear slices	Cheese & tomato muffins served with salad Cucumber & carrot sticks

Served 1st October - 1st March. Fruit and vegetables will be varied and seasonal depending on availability. The **green** highlights are vegetarian options and **yellow** are vegan days

Redbrook Day Nursery Winter Menu - Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7.30am-8.30am Served with milk	Choice of Weetabix, shreddies, corn flakes or porridge. Blueberries, bananas and pears	Choice of Weetabix, rice crispies, corn flakes or porridge. Selection of apple sticks and raspberries	Choice of Weetabix, shreddies, corn flakes or porridge. Blueberries, bananas and pears	Choice of Weetabix, rice crispies, corn flakes or porridge. Selection of apple sticks and raspberries	Choice of Weetabix, shreddies, corn flakes or porridge. Selection of blueberries, bananas and pears
Morning snack 9.45am Served with milk & water	Wholemeal toast with margarine Banana & Berries	Crackers with a cheese spread Cucumber & Carrot sticks	Selection of seasonal fruit Natural yoghurt dip	Wholemeal toast with margarine Watermelon slices	Selection of seasonal fruit Breadsticks with a hummus dip
Lunch and Desert 11.45am Served with water	Homemade mango chickpea curry. Served with rice Homemade semolina topped with raisins and berries	Homemade sausage casserole. Served with potatoes & mixed vegetables (quorn sausages) Natural yoghurt & stewed fruit	Homemade cheese & tomato hotpot. Served with leeks, lentils & potatoes Homemade Victoria sponge & custard	Homemade fisherman's pie. Served with mixed vegetables (Tofu) Peach and blueberry crumble	Homemade breaded chicken strips, oven chips, carrots and sweetcorn (quorn breaded chicken) Home made apple pie
Afternoon tea 3.00pm With milk & water	Turkey & cheese pitta pockets Carrot & pepper sticks	Curried sweetcorn soup with celery and onions Apple & pear slices	Spaghetti on toast Bananas and oranges	Jacket potato & beans Apples & bananas	Leek and potato soup with whole meal bread Water melon

