



Little Acorns Day Nursery

Little Acorns Autumn Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Warm Porridge, Cereal Toast & Toppings Fresh Fruit	Warm Porridge, Cereal Toast & Toppings Fresh Fruit	Warm Porridge, Cereal Toast & Toppings Fresh Fruit	Warm Porridge, Cereal Toast & Toppings Fresh Fruit	Warm Porridge, Cereal Toast & Toppings Fresh Fruit
Snack	Breadsticks Autumn Slaw & Cheese	Pitta Bread Cream Cheese & Salad Sticks	Natural Yogurt Pancake & Pear	Rice Cakes Cheese Apple & Cucumber	Toasted Crumpets & Bananas
Lunch	Vegetable Bean Pot with Herby Breadcrumbs & Mash ~ Frozen Blackberry Parfait & Wafer	Roast Chicken/Quorn Sauté Potatoes & Broccoli ~ Apple Pie & Custard	Cauliflower, Squash & Orzo Gratin & Green Salad ~ Chocolate, Blackberry & Oat Muffin	Toad in the Hole (veg or pork) Potato Wedges & Peas & Corn ~ Plum Cake & Crème Fraise	Fresh Fish Cake Sweet Potato Strings & Green Beans ~ Fresh Fruit Salad in Orange Juice
Snack	Pear, Cheese & Wholemeal Wraps	Breadsticks Hummus & Carrot Sticks	Apples, Rice Cakes & Spreads	Bananas & Natural Yogurt	Bagel Cream Cheese, & Cucumber
Tea Time	Vegetable Rice & Rice Crackers ~ Fresh Fruit	Cheese & Tomato Toasties ~ Flapjack	Chicken Noodle Soup ~ Fruit Scone	Beans on Toast ~ Dried fruits	Cheesy Pasta & Breadsticks ~ Apple



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Little Acorns Winter Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Warm Porridge, Cereal Toast & Toppings Fresh Fruit	Warm Porridge, Cereal Toast & Toppings Fresh Fruit	Warm Porridge, Cereal Toast & Toppings Fresh Fruit	Warm Porridge, Cereal Toast & Toppings Fresh Fruit	Warm Porridge, Cereal Toast & Toppings Fresh Fruit
Snack	Toasted Muffin Cream Cheese Apple	Pitta Bread Hummus & Salad Sticks	Oatcakes Cheese & Pear	Bananas & Natural Yogurt	Breadsticks Carrot Sticks Dips
Lunch	Pasta with Winter Ratatouille & Parmesan Crisp ~ Rice Pudding & Winter Coulis	Lamb/Veg Stew Mashed Carrot & Swede ~ Apple Crumble & Crème Fraiche	Chicken/Veg Burger Potato Wedges & Winter Slaw ~ Clementine Cake & Custard	Winter Vegetable & Lentil Soup Warm Crusty Bread ~ Fruit Kebab & Natural Yogurt	Fresh Fish Pie Peas & Corn ~ Winter Fruit Salad in Cranberry & Orange Juice
Snack	Malt Loaf Cheese & Dried Fruits	Roasted Pepper Hummus Carrot & Cucumber Sticks	Rice Cakes Apples & Spreads	Warm Buttered Bagel Cream Cheese & Cucumber	Pear Cheese & Whole meal Wraps
Tea Time	Cheese & Tomato Toasties ~ Hot Chocolate & Marshmallow	Leek & Potato Soup with Bread Soldiers ~ Apple & Pear	Winter Vegetable Bruschetta ~ Fruit Flapjack	Jacket Potato Beans & Cheese ~ Orange & Pineapple	Warm Buttered Crumpets with Spread ~ Bananas



Little Acorns Day Nursery

Little Acorns Spring Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Natural Yogurt Toast & Toppings Fresh Fruit	Cereal Natural Yogurt Toast & Toppings Fresh Fruit	Cereal Natural Yogurt Toast & Toppings Fresh Fruit	Cereal Natural Yogurt Toast & Toppings Fresh Fruit	Cereal Natural Yogurt Toast & Toppings Fresh Fruit
Snack	Berries Natural Yogurt Lemon Biscuit	Melon Medley Yogurt Dip Breadstick	Pitta Bread Hummus Carrot Sticks	Fruit Platter Oak Cakes	Malt Loaf Banana
Lunch	Cheesy Rice with Asparagus Tomato & Herb Salad ~ Eton Mess	Roast Chicken New potatoes Spring Greens ~ Chocolate & Banana Cake	Pizza Pie Summer Slaw Green Salad ~ Fresh Fruit Salad in Orange Juice	Meat/Lentil Spaghetti Bolognese Garlic Bread ~ Lemon Mascarpone Cheesecake	Roast Salmon Bake With Peas & Potatoes ~ Peaches & Crème Fraiche
Snack	Rice Cakes Broad Bean Spread Banana	Cream Cheese Whole meal Wraps Cucumber	Malt Loaf Cheese & Dried Fruits	Pitta Bread Hummus Cucumber & carrot Sticks	Fruit Platter Breadsticks
Tea Time	'Make your Own' Sandwich Selection ~ Banana Ice-Lolly	TomatoBruschetta Feta Cheese ~ Apple & Dried Fruits	Pea & Potato Frittata Mixed Salad ~ Strawberries & Shortbread	Quiche Spring Slaw ~ Orange Wedges	Salad Nicoise Whole meal Bread Roll ~ Blueberry Muffin



Little Acorns Day Nursery

Little Acorns Summer Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Natural Yogurt Toast & Toppings Fresh Fruit	Cereal Natural Yogurt Toast & Toppings Fresh Fruit	Cereal Natural Yogurt Toast & Toppings Fresh Fruit	Cereal Natural Yogurt Toast & Toppings Fresh Fruit	Cereal Natural Yogurt Toast & Toppings Fresh Fruit
Snack	Mini Milkshake Fruit n Oat Flapjack	Layer Rainbow Salad Pot Crackers	Lettuce Wraps Corn Tomato Cucumber	Natural Yogurt Apple Wedges	Roast Pepper Hummus Breadsticks Carrot Sticks
Lunch	Cheese Tomato & Aubergine Bake Mixed Salad ~ Banana Muffin	Caribbean Turkey/Quorn Curry Vegetable Rice ~ Tropical Fruit Salad	Vegetable Chili Jeweled Rice Tortilla ~ Fresh Orange Lollies	Mediterranean Chicken Tray Bake Polenta Mash ~ Strawberry Shortcake Slice	Cod Puttanesca with Spinach & Spaghetti ~ Peach & Raspberry Fruit Salad with Mascarpone
Snack	Natural Yogurt Oat Crumb Melon Medley	Malt Loaf Cheese & Dried Fruits	Vegetable Pate Breadsticks Carrot Sticks	Pitta Bread Hummus Cucumber Celery	Rice Cakes Fruit Platter
Tea Time	'Make your Own' Sandwich Selection ~ Banana Ice-Lolly	Tomato Bruschetta Feta Cheese ~ Apple & Dried Fruits	Pea & Potato Frittata Mixed Salad ~ Strawberries & Shortbread	Quiche Spring Slaw ~ Orange Wedges	Salad Nicoise Whole meal Bread Roll ~ Blueberry Muffin