



Little Acorns
Day Nursery

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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Winter Menu

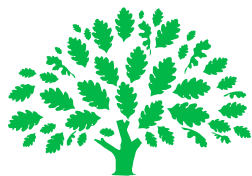
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Snack	Toasted Muffin Cream Cheese Apple	Pitta Bread Hummus & Salad Sticks	Oatcakes Cheese & Pear	Bananas & Natural Yogurt	Breadsticks Carrot Sticks Dips
Lunch	Pasta with Winter Ratatouille & Parmesan Crisp ~ Rice Pudding & Winter Coulis	Lamb/Veg Stew 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



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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	Melon Medley Breadstick	Pitta Bread Hummus Carrot Sticks	Fruit Platter Oak Cakes	Malt Loaf Banana
Lunch	Spaghetti Bolognese Tomato & Herb Salad ~ Eton Mess	Roast Chicken New potatoes Spring Greens ~ Chocolate & Banana Cake	Kofte, rice and home- made tzatziki ~ Fresh Fruit Salad in Orange Juice	Chicken Macaroni Salad ~ Cheesecake	Fish fingers, curly fries and peas ~ Peaches & Crème Fraiche
Snack	Rice Cakes & Spread Banana	Cream Cheese Wraps Cucumber	Malt Loaf Cheese & Dried Fruits	Pitta Bread Hummus Cucumber & carrot Sticks	Fruit Platter Breadsticks
Tea Time	Sausage rolls and salad ~ Raisins	Turkey ranch wraps ~ Apples	Jacket potatoes with a variety of toppings ~ Strawberries	Confetti rice ~ Orange Wedges	Pitta Pizzas ~ Fruit medley



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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 & Crackers	Lettuce Wraps with Corn, Tomato & Cucumber	Natural Yogurt Apple Wedges	Roast Pepper Hummus Breadsticks Carrot Sticks
Lunch	Butternut squash and sage pasta with salad ~ Banana Muffin	Vegetable Curry & Rice ~ Tropical Fruit Salad	BBQ Chicken, potato wedges & Salad ~ Fresh Orange Lollies	Mediterranean, Halloumi Tray Bake ~ Strawberry Shortcake Slice	Cod with peas & potatoes ~ Peach with Mascarpone
Snack	Natural Yogurt Melon Medley	Malt Loaf	Vegetable Pate Breadsticks Carrot Sticks	Pitta Bread Hummus Cucumber, Celery	Rice Cakes & Fruit Platter
Tea Time	'Make your Own' Sandwich/Cracker Selection ~ Banana Ice-Lolly	Tomato Bruschetta ~ Apple & Dried Fruits	Cheesy nachos with salsa & Mixed Salad ~ Strawberries & Shortbread	Quiche Spring Slaw ~ Orange Wedges	Tuna pasta salad with Bread Roll ~ Cupcakes