



## Scallywags Day Nursery



### Example Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>B/fast</b>	Selection of Cereals Toast	Selection of Cereals Toast	Selection of Cereals Toast	Selection of Cereals Toast	Selection of Cereals Toast
<b>Snack</b>	Fresh and dried fruit, rice cakes etc	Fresh and dried fruit, rice cakes etc	Fresh and dried fruit, rice cakes etc	Fresh and dried fruit, rice cakes etc	Fresh and dried fruit, rice cakes etc
<b>Lunch</b>	Pasta twists with Bolognese sauce	Fish Fingers Potato wedges Baked Beans	Chicken a la King Rice	Shepherd's Pie Peas and sweetcorn Rice Pudding	Sausages Mashed Potatoes Mixed Vegetables
<b>Pudding</b>	Yoghurts	Fruit Flan and ice cream	Cake and custard		Yoghurts
<b>Snack</b>	Fresh and dried fruit, rice cakes etc	Fresh and dried fruit, rice cakes etc	Fresh and dried fruit, rice cakes etc	Fresh and dried fruit, rice cakes etc	Fresh and dried fruit, rice cakes etc
<b>Tea</b>	Toasted tea cakes and Jam Cheese cubes	Cold meat platter Crackers and cheese spread Veg sticks	Assorted sandwiches Cherry tomatoes and cucumber sticks	Spaghetti hoops on toast  Fruit	Pinwheels  Carrot and Pepper sticks

NB Fruit and fresh water is available at any time during the day