

Jelly Bears

Day Nursery



Autumn/Winter 2022-2023 Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of fruit, Low salt/sugar cereal and wholemeal toast	Selection of fruit, Low salt/sugar cereal and wholemeal toast	Selection of fruit, Low salt/sugar cereal and wholemeal toast	Selection of fruit, Low salt/sugar cereal and wholemeal toast	Selection of fruit, Low salt/sugar cereal and wholemeal toast
Morning snack	Vegetable Twists and cheese	Rice cakes	Fruit slices	Scotch Pancakes and apple	Crumpets
Lunch	Sweet and sour chicken with noodles	Stew and dumplings	Lasagne with Garlic bread	Fish Pie, peas and sweetcorn	Vegetable curry with rice and Naan bread
	Sweet and sour quorn chicken with noodles	Veg Stew	Veggie lasagne with Garlic bread	Fishless pie	As above
Pudding	Baked apples and berries	Fruity Rice Pudding	Banana and Custard	Bread and butter pudding	Fruit crumble
	As above	As Above	bananas	As above	As above
Snack	Crispbread	Apple and pear slices	Oat cakes	Crackers	Veg sticks and dips
Tea	Assorted Sandwiches	Pizzas	Jacket potatoes with assorted fillings	Ravioli on toast	Bagel with toppings
	As above	Pizza – Veggie toppings	As above	Spaghetti hoops on toast	As above
Pudding	Shortbread	Fromage frais	Jam tarts	Fruit	Oat biscuits with fruit
	Shortbread	Free from yoghurt	As above	As above	As above

Key Vegetarian / Vegan option



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Autumn/Winter 2022-2023 Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of fruit, Low salt/sugar cereal and wholemeal toast	Selection of fruit, Low salt/sugar cereal and wholemeal toast	Selection of fruit, Low salt/sugar cereal and wholemeal toast	Selection of fruit, Low salt/sugar cereal and wholemeal toast	Selection of fruit, Low salt/sugar cereal and wholemeal toast
Morning snack	Fruit slices	Crispbread	Vegetable sticks	Crumpets	Banana and apple crackers
Lunch	Sausage, Mash, cabbage and gravy	Fish cakes Wedges Peas and carrots with a sauce	Pork and herb meatballs with pasta shells	Roast	Chicken burritos and roasted veg
	Vegetable sausage, mash, cabbage and gravy	Veggie cakes as above	Vegetable pie	Sweet potato and veg bake	Vegetable burritos and veg
Pudding	Chocolate and Berry bake	Fruit compote	Banana and custard	Fruit salad	Victoria sandwich
	Fruit	Fruit salad	Bananas	Fruit salad	Vegan cakes/eggless
Snack	Crackers	Oatcakes, apple & raisins	Rice cakes	Vegetable stick and dip	Pancakes
Tea	Mini pasties served with a tomato pasta bake	Assorted sandwiches	Bagels with assorted toppings	Soup and a crusty roll	Spaghetti or cheese on toast
	As above	Vegetable pasties	As above	As above	As above
Pudding	Smoothie	Honey biscuits	Chocolate cornflake fairy cake	Fruity flapjacks apricot & raisin	Fruit and yoghurt
	As above	Vanilla biscuits	Dairy free cake	Fruity flapjacks apricot & raisin	Fruit and yoghurt

Key Vegetarian / Vegan option



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Day Nursery



Autumn/Winter 2022-2023 Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of fruit, Low salt/sugar cereal and wholemeal toast	Selection of fruit, Low salt/sugar cereal and wholemeal toast	Selection of fruit, Low salt/sugar cereal and wholemeal toast	Selection of fruit, Low salt/sugar cereal and wholemeal toast	Selection of fruit, Low salt/sugar cereal and wholemeal toast
Morning snack	Crumpets	Fruit slices	Rice cakes	Vegetable sticks cheese and tomato	Crackers
Lunch	Fish fingers sweet potato mash or wedges, sweetcorn	Jerk chicken, rice & beans	Shepherdess pie with seasonal vegetables	Spaghetti Bolognese with garlic bread and grated carrot	Gammon, new potatoes , parsnips with a parsley sauce
	Fishless fingers	Quorn pieces, rice, beans tomato sauce	As above	Quorn bolognese with garlic bread	Vegetable fingers, new potatoes and vegetables
Pudding	Banana and custard	Apple pie and ice cream	Fruit salad	Pineapple upside down cake	Fruit and yoghurt cake
	Bananas	Apple pie	As above	As above	As above
Snack	Veg sticks	Crispbread	Pancakes	Cheese twists or straw	Breadsticks and vegetable sticks
Tea	Beans on toast	Jacket potatoes with assorted fillings	Soup and crusty bread	Pizza	Assorted sandwiches
	As above	Jacket potatoes	As above	Veggie pizza	Assorted sandwiches
Pudding	Fruit	Yoghurt	Homemade biscuits	Fruit salad	Smoothie
	As above	As above	As above	As above	As above

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