

Jelly Bears

Day Nursery

Week 1 Spring/ Summer	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	Rice cakes	Pancakes	Peaches and Bananas	Vegetable Sticks	Crumpets
Lunch	Mediterranean Vegetable Risotto	Fish in Red Pepper Sauce, Mash and Sweetcorn	Meatballs and Pasta, Garlic Bread	Roast Pork, Spring Greens, New Potatoes and Gravy	Chicken Enchiladas
	As Above	Fishless Fingers in Red Pepper Sauce, Mash and Sweetcorn	Meatless Balls and Pasta, Garlic Bread	Meat free pieces, Spring Greens, New Potatoes and Gravy	Vegetable Enchiladas
Pudding	Peaches and Ice cream	Pineapple Cake	Eton Mess	Fruit Mousse	Fruit Cocktail
	Peaches and Sorbet	As Above	Strawberries and Vegan Yoghurt alternative	Fruit Smoothie	As Above
Snack	Bread Sticks with tomato and cucumber	Crackers and grapes	Oat cakes	Crispbread	Breadsticks and cucumber
Tea	Beans on Toast	Ploughmans	Jacket Potato and Cheese	Toasted Teacakes	Pizza Muffins
	As Above	As Above	Jacket Potato and Vegan Alternative Cheese	As Above	Vegan Pizza
Pudding	Chocolate Krispie Bites	Fruit Smoothie	Watermelon	Mandarins and Pear	Jammy Flapjack
	Dairy Free Chocolate Krispie Bites	As Above	As above	As Above	As Above

Key ○ Vegetarian / Vegan option

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Week 2 Spring/Summer	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	Pancakes	Banana + Grapes	Oat cakes	Crumpets	Rice cakes
Lunch	Summer Vegetable, Potato and Chorizo Bake	Seasoned Chicken Noodles with Carrots and Sweetcorn	Lasagne and Salad	Fish Fingers, Mash and Peas	Macaroni Cheese and Broccoli
	Summer Vegetable and Potato Bake	Meatless Chicken Noodles with Carrot and Sweetcorn	Quorn Lasagna and Salad	Fishless Fingers, Mash and Peas	Vegan Alternative Macaroni Cheese and Broccoli
Pudding	Fruit Sorbet	Fruit Salad	Carrot Cake	Fruit Smoothie	Jelly
	As Above	As above	Eggless Carrot Cake	As Above	Vegan Jelly
Snack	Fruit	Crispbread	Pepper + breadsticks	Fruit	Breadsticks and Carrot sticks with Humous
Tea	Bagel with Ham and Cheese	Pitta Pizza	Toasted Tea Cake	Sandwich Variety	Hot Dogs
	Bagel with Vegan Alternative Cheese	Vegan Pitta Pizza	As Above	As Above	Vegan Sausage Hot Dog
Pudding	Chocolate and Coconut Bar	Orange and Lemon Shortbread	Melon Variety	Apple Flapjack	Fruit Platter
	As Above	As Above	As Above	As Above	As Above

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Week 3 Spring/Summer	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	Oatcakes	Apple and Grapes	Crumpets	Breadsticks and cucumber
Lunch	Tuna Pasta Bake	Chicken and potato pie Spring Greens and Gravy	Baked Tomato, Sausage and Mozzarella Orzo	Gammon, Pineapple, Potato Wedges and Peas with parsley sauce	Coconut Curry, Rice and Naan Bread
	Vegetable Pasta Bake	Vegetable Pie Spring Greens and Gravy	Baked Tomato and Vegan Alternative Cheese Orzo	Vegan Burger, Pineapple, Potato Wedges and Peas	As Above
Pudding	Fruit Smoothie	Flapjack	Jelly	Summer Berry Crumble and Ice cream	Lemon Drizzle Cake
	As Above	As Above	Vegan Jelly	Summer Berry Crumble with Sorbet	Eggless Lemon Drizzle Cake
Snack	Crackers with peppers and carrot sticks	Bread stick, cucumber	Crispbreads	Crackers and grapes	Oat cakes
Tea	Wrap Variety	Ham and Cheese Puffs	Ploughman's	Bean Dhal with Pitta Dippers	Jacket Potato and Cheese
	As Above	Vegan Cheese Alternative Puff	As Above	As Above	As Above
Pudding	Raspberry Brownie	Strawberries and Cream	Melon and Blueberries	Fruit Yoghurt	Melon
	Jelly and Raspberries	Strawberries	As Above	Vegan Alternative Fruit Yoghurt	As Above