

Shining futures Nursery 's Summer Menu 1

week commencing Date :	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Breakfast</p>	Selection of Cereal Weetabix/porridge & Toast	Selection of Cereal Weetabix/porridge & Toast	Selection of Cereal Weetabix/porridge & Toast	Selection of Cereal Weetabix/porridge & Toast	Selection of Cereal Weetabix/porridge & Toast
 <p>Lunch</p>	Vegetable hot pot with cous cous Desserts : Fruit salad with homemade custard pudding	Beef stroganoff with whole meal pasta Desserts : Homemade vanilla pudding	Shepherd's pie ,mix vegetable and gravy Desserts : vanilla ice cream	Chicken korma with rice and sweetcorn Desserts : jelly with fruit	Fish fillet with oven baked chips and seasonal salad Desserts homemade fruit cake(no added sugar)
Vegetarian option	As above	Vegetable Bolognese pasta	Vegetable and red kidney beans pie	Homemade mix beans korma ,	As above
Tea	Vegetable& chicken casserole with butter bread	Cheese, tomato sandwich	Hummus bagels with cucumber	Chickpeas and Spinach casserole with freshly baked baguette	Cheese and beans on toast
Vegetarian option	Vegetable casserole	As above	As above	As above	As above
<p>10am snack and 2pm snack time, we do provide ,selection of fresh fruits(seasonal fruits),dry fruits ,mix vegetable sticks With crackers, rice cakes or bread sticks</p>					

Every effort will be made to ensure that the dietary needs of all our children are met and those children with allergies and preferences are given a meal as similar as possible to the menu. All food is made fresh within the nursery everyday