



THE NURSERY @ ST. PAUL'S – SAMPLE MENU'S

*Please note that menu's rotate on a 3 weekly basis and that we cater for most dietary requirements as well as the differing needs of weaning baby's. *

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A Selection of cereals Assorted Toast	A Selection of cereals Assorted Toast	A Selection of cereals Assorted Toast	A Selection of cereals Assorted Toast	A Selection of cereals Assorted Toast
Morning Snack	Savoury Rice Cakes	Carrot and Cucumber	Apple and Raisins	Pear and Banana	Tomatoes & Celery
Lunch	Lentil and Vegetable Risotto	Chicken & Veg Pie Mashed Potato Green Beans	Roasted Mediterranean Vegetable Lasagne	Chicken Hot Pot Broccoli	Fish Cakes Saute Potatoes Beans
Tea	Tomato & Basil Soup Bread Rolls Fresh fruit or Yoghurt	Pizza Slices Fresh fruit or Yoghurt	Toasted Crumpets Fresh fruit or Yoghurt	Savoury Pitta Pockets Fresh fruit or Yoghurt	Assorted Sandwiches Fresh fruit or Yoghurt

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A Selection of cereals Assorted Toast	A Selection of cereals Assorted Toast	A Selection of cereals Assorted Toast	A Selection of cereals Assorted Toast	A Selection of cereals Assorted Toast
Morning Snack	Breadsticks	Oranges and Apples	Carrot and Cucumber	Tomatoes & Cheese	Banana and Pear
Lunch	Tuna Pasta Bake	Chilli Con Carne Rice	Vegetable Hot Pot	Roast Chicken Roast Potato's Sweetcorn & Cauliflower	Vegetarian Spaghetti Bolognaise
Tea	Jacket Potato Cheese Fresh fruit or Yoghurt	Spaghetti on toast Fresh fruit or Yoghurt	Savoury Muffins Fresh fruit or Yoghurt	Lentil and Carrot Soup French Bread Fresh fruit or Yoghurt	Assorted Sandwiches Fresh fruit or Yoghurt

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A Selection of cereals Assorted Toast	A Selection of cereals Assorted Toast	A Selection of cereals Assorted Toast	A Selection of cereals Assorted Toast	A Selection of cereals Assorted Toast
Morning Snack	Mini Breadsticks	Cherry Tomatoes Celery	Banana and Orange	Apple and Pear	Carrot and Cucumber
Lunch	Vegetable Paella	Moussaka	Ocean Pie Peas	Chicken Alfredo Tagliatelle	Cheese, onion and potato pie Beans
Tea	Pizza Slices Fresh fruit or Yoghurt	Jacket Potato Spaghetti Fresh fruit or Yoghurt	Minestrone Soup Garlic Bread Fresh fruit or Yoghurt	Waffles with cheese Fresh fruit or Yoghurt	Assorted Sandwiches Fresh fruit or Yoghurt