

Healthy Eating Menu - Week 1 MPWOT



Healthy Eating	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:am-8:45am	Selection of cereal, porridge, toast or fruit with milk or water	Selection of cereal, porridge, toast or fruit with milk or water	Selection of cereal, porridge, toast or fruit with milk or water	Selection of cereal, porridge, toast or fruit with milk or water	Selection of cereal, porridge, toast or fruit with milk or water
Mid-Morning Snack with Milk and Water 10:00am	Fruit salad	Rice cakes with Philadelphia cheese spread and carrot sticks	Fresh fruit platter	Breadsticks with humous and cucumber sticks	Oat cakes with Dairylea cheese spread and celery sticks
Lunch - Hot Meal 11:30am	Green Thai chicken curry with steamed rice	Veggie casserole with herb dumplings and couscous	Pasta with salmon/tofu and peas	Lamb/quorn, ginger and green bean hotpot with wraps	Macaroni cheese with ham/veg broccoli, sweetcorn and mixed salad
Pudding	Chopped pineapple and fresh cream	Rice pudding	Melons and fresh cream	Flavoured yoghurt	Fruit salad with natural yoghurt
Mid-Afternoon Snack With Milk and Water 2:00-2:30pm	Cream crackers with butter and chunks of cheese	Breadsticks and chunks of cheese	Rice cakes with butter and cucumber sticks	Breadsticks with humous	Pitta bread /carrot sticks with humous
Tea - Hot Meal 4:00pm	Cheesy bean and sweetcorn cakes with yoghurt sauce/Mixed green salad	Sausage, mash, green peas with gravy	Roasted butternut squash soup with bread rolls	Paella fried rice	Jacket potatoes with beans and cheese
Pudding	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit

At our nursery, we ensure that children get all seven essential nutrients that form a balanced diet i.e. carbohydrates, proteins, fats, fibres, vitamins, minerals and water.

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