

Healthy Eating Menu – Week 3 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	Aubergine, potato, tomato curry with steamed rice	Turkey/quorn mince, courgette and pea Risotto	Chickpea, potato, tomato and spinach casserole with couscous	Chicken, mushroom and pesto pasta	Thai noodles with tofu and stir fry vegetables
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	Chicken goujons, new potatoes and peas	Mexican sweet potato soup with garlic bread	Tuna and cheese melt toasties with mixed leaf salad	Potatoes, peas and cheese patties with green yoghurt sauce	Homemade Pizza with coleslaw and salad
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.