

Healthy Eating Menu - Week 1 MPWOT



Healthy Eating Routines	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	Rice cakes with Philadelphia cheese spread and carrot sticks	Fruit salad	Breadsticks with humous and cucumber sticks	Fresh fruit platter	Cream crackers with Dairylea cheese spread and red peppers
Lunch - Hot Meal 11:30am	Mixed vegetable cheesy pasta bake with toasted bread	Shepherd's pie Lamb/Qourn mince pie with butternut squash, veg and lentil filling	Mixed vegetable curry with steamed rice	Turkey mince/ mixed vegetable meatballs in tomato sauce with spaghetti and grated cheese	Creamy courgette, spinach & butternut squash lasagne
Pudding	Chopped banana and fresh cream	Strawberry yoghurt	Fruit salad with natural yoghurt	Apples and pears	Flavoured yoghurt
Mid-Afternoon Snack With Milk and Water 2:00-2:30pm	Breadsticks with humous	Cream crackers with butter and chunks of cheese	Rice cakes with Philadelphia cheese spread	Pitta bread /carrot sticks with humous	Breadsticks and chunks of cheese
Tea - Hot Meal 4:00pm	Cod fish fingers, potato wedges, sweetcorn and peas with gravy	Red Lentils and chickpeas soup with Nan bread	Mexican chicken/ Mediterranean roasted veg Tortilla wraps	Creamy pumpkin and butternut squash soup with garlic bread	Sausage casserole with bread rolls
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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