



THREE-WEEK NURSERY MENU

A4 Printable Version



WEEK 1

Monday

- 🍲 Porridge + 🍌 Banana
- 🍝 Veggie pasta bake + 🥦 Broccoli
- 🧀 Soft cheese sandwiches + 🥕 Carrot sticks
- **Snacks:** 🍏 Apple / 🧀 Cheese

Tuesday

- 🥛 Weetabix + Berries
- 🍗 Chicken casserole + 🥔 Mash + 🥕 Veg
- 🥚 Egg mayo wraps + 🥒 Cucumber
- **Snacks:** 🍇 Grapes (halved) / 🍪 Oat biscuit

Wednesday

- 🥞 Mini pancakes + 🍓 Fruit
- 🍛 Lentil curry + 🍚 Rice + 🌽 Sweetcorn
- 🍲 Tomato soup + 🍞 Bread
- **Snacks:** 🍌 Banana / 🥛 Milk

Thursday

- 🍞 Toast + 🧈 Butter + 🍑 Peach
- 🐟 Fish pie + 🥬 Peas
- 🧀 Cheese & tomato quesadillas
- **Snacks:** 🍏 Pear / 🍿 Popcorn (over-3s)

Friday

- 🍲 Cornflakes + Milk
- 🍔 Beef meatballs + 🍝 Spaghetti + 🍅 Sauce
- 🥗 Couscous salad
- **Snacks:** 🍊 Orange / 🍹 Diluted juice



WEEK 2

Monday

- 🥛 Rice Krispies + Banana
- 🍗 Roast chicken + 🥔 Roast potatoes + 🥕 Veg
- 🍷 Tuna mayo sandwiches
- **Snacks:** 🍏 Apple / 🧀 Cheese

Tuesday

- 🥣 Oat porridge + Raisins
- 🍲 Vegetable stew + 🍞 Bread
- 🥗 Pasta salad
- **Snacks:** 🍇 Grapes (halved) / 🍪 Oat biscuit

Wednesday

- 🥞 Mini waffles + Fruit
- 🐟 Fish fingers + 🥔 Wedges + 🌽 Corn
- 🥣 Butternut squash soup
- **Snacks:** 🍌 Banana / 🥛 Milk

Thursday

- 🍞 Toast + Thin jam
- 🍗 Chicken korma (mild) + 🍚 Rice
- 🍷 Ham sandwiches + 🥒 Cucumber
- **Snacks:** 🍏 Pear / 🍿 Popcorn (over-3s)

Friday

- 🥣 Cheerios + Milk
- 🍕 Veggie pizza + 🥗 Salad
- 🥗 Couscous with chickpeas
- **Snacks:** 🍊 Orange / 🍹 Diluted juice



WEEK 3

Monday

- 🍲 Porridge + Blueberries
- 🍝 Beef bolognese + 🥦 Peas
- 🍞 Soft cheese & cucumber sandwiches
- **Snacks:** 🍏 Apple / 🧀 Cheese

Tuesday

- 🥛 Weetabix + Banana
- 🍲 Veggie chilli + 🍚 Rice
- 🍲 Tomato soup + 🍞 Bread
- **Snacks:** 🍇 Grapes (halved) / 🍪 Oat biscuit

Wednesday

- 🥞 Pancakes + Fruit
- 🐟 Salmon fishcakes + 🥔 Mash + 🥕 Veg
- 🍲 Pesto pasta (nut-free)
- **Snacks:** 🍌 Banana / 🥛 Milk

Thursday

- 🍞 Toast + Butter + 🍑 Peach
- 🍗 Chicken stir-fry + 🍜 Noodles
- 🍞 Egg mayo sandwiches
- **Snacks:** 🍐 Pear / 🍿 Popcorn (over-3s)

Friday

- 🍲 Cornflakes + Milk
 - 🍲 Veggie curry + 🍚 Rice
 - 🍲 Couscous & roasted veg
 - **Snacks:** 🍊 Orange / 🍹 Diluted juice
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