





Three-Week Nursery Menu (Three-Week Rotating)





Fun, colourful, and balanced for little tummies

Week 1





Monday

-  Breakfast: Banana porridge
-  Lunch: Chicken pasta bake with peas
-  Snack: Apple slices & crackers
-  Tea: Cheese sandwiches & cucumber sticks




Tuesday

-  Breakfast: Wholemeal toast & fruit
-  Lunch: Mild vegetable curry & rice
-  Snack: Yogurt
-  Tea: Tomato soup & bread

Wednesday

-  Breakfast: Weetabix & berries
-  Lunch: Beef cottage pie & carrots
-  Snack: Rice cakes
-  Tea: Tuna mayo wraps

Thursday

-  Breakfast: Pancakes & fruit
-  Lunch: Roast chicken, potatoes & veg
-  Snack: Melon cubes

- 🍪 Tea: Hummus & pitta

Friday

- 🍞 Breakfast: Toast & banana
 - 🐟 Lunch: Fish fingers, mash & sweetcorn
 - 🍇 Snack: Raisins
 - 🥗 Tea: Pasta salad
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🍏 Week 2

Monday

- 🥣 Breakfast: Oat cereal & fruit
- 🍝 Lunch: Spaghetti bolognese
- 🍏 Snack: Pear slices
- 🥚 Tea: Egg sandwiches

Tuesday

- 🍞 Breakfast: Toast & jam
- 🍅 Lunch: Veggie lasagne
- 🥛 Snack: Yogurt
- 🧀 Tea: Cheese & crackers

Wednesday

- 🥣 Breakfast: Porridge & berries
- 🍗 Lunch: Chicken casserole & rice
- 🥕 Snack: Carrot sticks
- 🍞 Tea: Beans on toast

Thursday

- 🍓 Breakfast: Fruit salad & yogurt
- 🌭 Lunch: Sausages, mash & peas
- 🍡 Snack: Rice cakes
- 🐟 Tea: Tuna pasta

Friday

- 🍞 Breakfast: Toast & fruit
 - 🍕 Lunch: Homemade pizza & salad
 - 🍇 Snack: Grapes (halved)
 - 🍲 Tea: Vegetable soup
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🍓 Week 3

Monday

- 🍲 Breakfast: Cereal & banana
- 🌶️ Lunch: Mild chilli & rice
- 🍏 Snack: Apple slices
- 🧀 Tea: Cheese wraps

Tuesday

- 🍞 Breakfast: Toast & fruit
- 🍜 Lunch: Chicken noodles
- 🥛 Snack: Yogurt
- 🍷 Tea: Pitta & dips

Wednesday

- 🥣 Breakfast: Porridge & raisins
- 🥧 Lunch: Shepherd's pie
- 🍉 Snack: Melon
- 🍝 Tea: Pasta with tomato sauce

Thursday

- 🍓 Breakfast: Fruit & yogurt
- 🐟 Lunch: Fish pie
- 🍪 Snack: Crackers
- 🥚 Tea: Egg muffins

Friday

- 🍞 Breakfast: Toast & berries
- 🍔 Lunch: Veggie burgers & wedges
- 🍌 Snack: Banana
- 🥪 Tea: Sandwich selection