

🌈 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