

## Mia Rose Nurseries Menu – Summer Term 2022

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week. 1</b> 30/05/2022 20/06/2022 11/07/2022 01/08/2022 22/08/2022	<b>Breakfast</b> Until 9am	Selection of cereals, toast and spreads	Selection of cereals, toast and spreads	Selection of cereals, toast and spreads	Selection of cereals, toast and spreads	Selection of cereals, toast and spreads
	<b>Snack</b> Around 10AM	Selection of fruit and veg sticks	Selection of fruit and veg sticks	Selection of fruit and veg sticks	Selection of fruit and veg sticks	Selection of fruit and veg sticks
	<b>Lunch</b> 12ish	Fish fingers with chips and beans	Roast chicken with vegetables and new potatoes	Vegetable pizza with savoury rice	Gnocchi and leek pie with vegetables	Lasagne with vegetable sticks
	<b>Dessert</b> After lunch	Fruit and yogurt	Fruit and yogurt	Fruit and yogurt	Fruit and yogurt	Fruit and yogurt
	<b>Snack</b> Around 2PM	Selection of home baked goods	Selection of home baked goods	Selection of home baked goods	Selection of home baked goods	Selection of home baked goods
	<b>Tea</b> 4.15ish	Selection of sandwiches	Beans on toast	Selection of wraps and vegetable sticks	Crackers, cheese, tomatoes and pickle	Selection of sandwiches
<b>Week. 2</b> 16/05/2022 06/06/2022 27/06/2022 18/07/2022 29/08/2022	<b>Breakfast</b> Until 9am	Selection of cereals, toast and spreads	Selection of cereals, toast and spreads	Selection of cereals, toast and spreads	Selection of cereals, toast and spreads	Selection of cereals, toast and spreads
	<b>Snack</b> Around 10AM	Selection of fruit and veg sticks	Selection of fruit and veg sticks	Selection of fruit and veg sticks	Selection of fruit and veg sticks	Selection of fruit and veg sticks
	<b>Lunch</b> 12ish	Chicken fajitas with rice and sweetcorn	Spaghetti Bolognese	Sausage and mash with peas	Fish pie with peas and carrots	Gnocchi and leek Pie with vegetables
	<b>Dessert</b> After lunch	Fruit and yogurt	Fruit and yogurt	Fruit and yogurt	Fruit and yogurt	Fruit and yogurt
	<b>Snack</b> Around 2PM	Selection of home baked goods	Selection of home baked goods	Selection of home baked goods	Selection of home baked goods	Selection of home baked goods
	<b>Tea</b> 4.15ish	Beans on toast	Selection of wraps and vegetable sticks	Selection of sandwiches	Beans on toast	Crackers, cheese, tomatoes and pickle
<b>Week. 3</b> 23/05/2022 13/06/2022 04/07/2022 25/07/2022 15/08/2022	<b>Breakfast</b> Until 9am	Selection of cereals, toast and spreads	Selection of cereals, toast and spreads	Selection of cereals, toast and spreads	Selection of cereals, toast and spreads	Selection of cereals, toast and spreads
	<b>Snack</b> Around 10AM	Selection of fruit and veg sticks	Selection of fruit and veg sticks	Selection of fruit and veg sticks	Selection of fruit and veg sticks	Selection of fruit and veg sticks
	<b>Lunch</b> 12ish	Pasta Bake with salad	Vegetable fajitas with rice and sweetcorn	Fish fingers, new potatoes and vegetables	Cottage pie with mixed vegetables	Chicken hotpot with new potatoes
	<b>Dessert</b> After lunch	Fruit and yogurt	Fruit and yogurt	Fruit and yogurt	Fruit and yogurt	Fruit and yogurt
	<b>Snack</b> Around 2PM	Selection of home baked goods	Selection of home baked goods	Selection of home baked goods	Selection of home baked goods	Selection of home baked goods
	<b>Tea</b> 4.15ish	Crackers, cheese, tomatoes and pickle	Selection of sandwiches	Beans on toast	Selection of wraps and vegetable sticks	Selection of sandwiches

**Drinks: Water available throughout the day, Milk available during snack time (as required for Under 2's)**

**Please note some of our meals may change at short notice.**

Special dietary requirements and food allergies are catered including Vegetarian.

If your child has special requirements please speak to the Nursery Manager and also ensure the dietary/allergy information on your child's registration form is up to date.

Some of our meals may contain allergens.

Weaning: We offer pureed vegetables with gravy and pureed fruit for pudding. All children Under 1 are given dairy free alternatives.