

## Mia Rose Nurseries Sample Menu – please check for up to date menu

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week. 1</b>	<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 vegetable sticks	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks
	<b>Lunch</b> 12ish	Roast Chicken with vegetables and new potatoes	Cottage Pie with mixed vegetables	Cheese and Broccoli bake with vegetable sticks	Home baked Pizza with Savoury rice	Fish fingers, chips, and beans
	<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	Freshly made pasta	Beans on toast	Crackers, Cheese, Tomatoes and Pickle	Selection of sandwiches
<b>Week. 2</b>	<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 vegetable sticks	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks
	<b>Lunch</b> 12ish	Cheese and Broccoli bake with vegetable sticks	Sausage, Mash and Peas	Mixed vegetable risotto and sweetcorn	Fish pie with carrots and peas	Spaghetti Bolognese
	<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 sandwiches	Crackers, Cheese, Tomatoes and Pickle	Freshly made pasta	Selection of sandwiches
<b>Week. 3</b>	<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 vegetable sticks	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks	Selection of fruit and vegetable sticks
	<b>Lunch</b> 12ish	Fish fingers, new potatoes, and beans	Herby tomato pasta with vegetable sticks	Cottage pie with mixed vegetables	Mixed veg Risotto and sweetcorn	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	Selection of sandwiches	Crackers, Cheese, Tomatoes and Pickle	Freshly made pasta	Beans on toast	Selection of sandwiches

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

(V) – Vegetarian

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

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

Special dietary requirements and food allergies are catered for. If your child has special requirements please speak to the Nursery Manager. Some of our meals may contain allergens.

Please ensure the dietary/allergy information on your child's registration form is up to date.