

Mia Rose Nurseries Menu 6th January 2025 – 21st April 2025

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|-------------------------------|--|---|--|---|--|
| Week. 1 WC: 06/01/2025 27/01/2025 17/01/2025 10/03/2025 31/03/2025 | Breakfast 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 |
| | Snack 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 |
| | Lunch 12ish | Roast Chicken with vegetables and new potatoes | Fish fingers, Mashed potatoes and beans | Sausage and Butter Bean Goulash with Orzo | Home baked Pizza with Hidden Veg Sauce with Savoury rice | Chicken Hotpot with herby buttered new potatoes |
| | Dessert After lunch | Yogurt and Honey | Yogurt and Honey | Yogurt and Honey | Yogurt and Honey | Yogurt and Honey |
| | Snack Around 2PM | Avocado, Spinach and Cocoa Tray bake | Banana, Honey and Oat Tray bake | Fruity muffin Tray bake | Apple and Cinnamon Flapjack | Cheese and Chive Scone Tray bake |
| | Tea 4.15ish | Ploughmans of Crackers, Cheese, Tomatoes and Pickle | Egg mayo and Cheese Sandwiches and Fruit Platter | Ploughmans of Crackers, Cheese, Ham and Pickle | Ham and Cheese sandwiches and vegetable sticks | Ploughmans of Crackers, Cheese, Tomatoes and Pickle |
| Week. 2 WC: 13/01/2025 03/02/2025 24/02/2025 17/03/2025 07/04/2025 14/04/2025 | Breakfast 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 |
| | Snack 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 |
| | Lunch 12ish | Fish pie with breadcrumb crust, carrots and peas | Sausage and Butter Bean Goulash with Orzo | BBQ chicken with rice and roasted vegetables | Vegetarian Spaghetti Bolognese with Hidden Veg Sauce | Minted Shepherd's Pie with mixed vegetables |
| | Dessert After lunch | Yogurt and Honey | Yogurt and Honey | Yogurt and Honey | Yogurt and Honey | Yogurt and Honey |
| | Snack Around 2PM | Cheese and Tomato pin wheels | Fruity muffin Tray bake | Carrot and Cinnamon Tray Bake | Banana, Honey and Oat Tray bake | Avocado, Spinach and Cocoa Tray bake |
| | Tea 4.15ish | Tuna and sweetcorn and Ham sandwiches with a fruit platter | Ploughmans of Crackers, Cheese, Tomatoes and Pickle | Cheese and tomato and Ham sandwiches with vegetable sticks | Ploughmans of Crackers, Cheese, Ham and Pickle | Egg mayo and Ham sandwiches with a fruit platter |
| Week. 3 WC: 20/01/2025 10/02/2025 03/03/2025 24/03/2025 21/04/2025 | Breakfast 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 |
| | Snack 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 |
| | Lunch 12ish | Fish fingers, mashed potatoes and peas | Vegetarian Korma with popperdoms | Pork and Apple Ragu with Crispy New potatoes | Chicken Quesadillas with Chickpea Rice | Beef lasagne with hidden veg sauce with Broccoli florets |
| | Dessert After lunch | Fruit and Yogurt | Fruit and Yogurt | Fruit and Yogurt | Fruit and Yogurt | Fruit and Yogurt |
| | Snack Around 2PM | Banana, Honey and Oat Tray bake | Blueberry Scone Tray bake | Cheesy puff pastry Twists | Avocado, Spinach and Cocoa Tray bake | Apple and Cinnamon Flapjack |
| | Tea 4.15ish | Ploughmans of Crackers, Cheese, Ham and Pickle | Cheese and Ham sandwiches and vegetable sticks | Ploughmans of Crackers, Cheese, Ham and Pickle | Tuna and sweetcorn and Cheese sandwiches with a fruit platter | Ploughmans of Crackers, Cheese, Tomato and Pickle |

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.

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.