

<i>NurtureVille Nursery Menu</i>	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Milk or water only	Selection of healthy cereals or fruit	Selection of healthy cereals or fruit	Selection of healthy cereals or fruit	Selection of healthy cereals or fruit	Selection of healthy cereals or fruit
Morning Snack Planned to provide 10% of a child's daily nutritional requirements	Breadsticks served with sliced apples	Cinnamon and banana toast	Toasted bagel with scrambled egg	Sliced melon and grapes	Crackers with sliced cheese
	Milk or water to drink	Milk or water to drink	Milk or water to drink	Milk or water to drink	Milk or water to drink
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Sausages with mash potato and mixed vegetables	Homemade fish fingers served with sweet potato wedges and peas	Cajun lentil pasta bake	Five bean chilli served with jacket potatoes	Chicken korma served with rice
	Starter: Selection of vegetable crudites	Pudding: Fresh fruit - Melon	Pudding: Natural yoghurt with mixed fruit	Starter: Toasted pitta bread with salsa	Starter: Cooked naan bread
Afternoon Snack Planned to provide 10% of a child's daily nutritional requirements	Cheese sticks and sliced strawberries	Fruit salad	Oatcakes with kiwi chunks	Toasted crumpet served with sliced cheese	Natural yoghurt with a selection of mixed fruit
	Milk or water to drink	Milk or water to drink	Milk or water to drink	Milk or water to drink	Milk or water to drink
Light Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Toasted ham and cheese wraps served with tomatoes	Butternut squash and red pepper soup served with a roll	Tuna dip and wholemeal pitta with cucumber sticks	Ham pasta bake and peas	Cheese on wholemeal toast served with pepper sticks
Note: Fresh drinking water must be available and accessible at all times.					