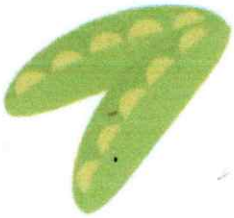
Highdale
DAY NURSERY





meal planner

Autumn/ winter week 1

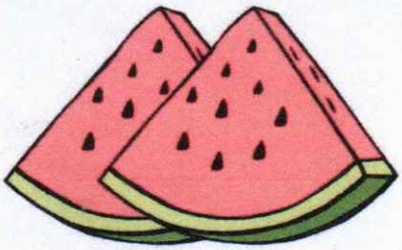


	SNACK	LUNCH	PUDDING	SNACK	DINNER
M	Warm buttered toast /apple slices	Cottage pie, broccoli and cauliflower florets v- Lentil and vegetable pie	Spiced pear and blackberry pie with cream	Seasonal fruit platter	v- Homemade Tomato soup and a wholemeal roll
T	Seasonal fruit platter	Sausages, mashed potato, mixed vegetables with onion gravy v-vegetarian sausage	Mixed fruit muffins	Hummus with peppers, cucumber and breadsticks	v- A selection of sandwiches, lentil crisps and carrot sticks
W	Rice cakes with cream cheese, marmite and cucumber slices	Spaghetti bolognaise, peas and carrots, garlic bread v.- Quorn mince bolognaise	Banana and cinnamon loaf	Seasonal fruit platter	v- Beans on toast
T	Seasonal fruit platter	Breaded fish fingers with pesto pasta, sweetcorn and green beans v- Halloumi	Apple crumble with custard	Crackers with cheese slices and cherry tomatoes	v- Flatbread pizza topped with mozzarella, vegetable sticks and salad
F	Seasonal fruit platter	Roast chicken with roast potatoes, vegetables v - cauliflower bakes, potatoes and vegetables	Mixed berries with greek yoghurt	Cheese scones with butter and cucumber slices	Closed

v- VEGETARIAN OPTION

ALLERGENS - see folder







Highdale
DAY NURSERY



meal planner

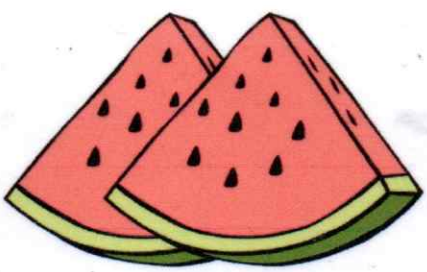
Autumn/Winter week 2



	SNACK	LUNCH	PUDDING	SNACK	DINNER
M	Rice cakes, cream cheese and pepper slices	Chicken curry, rice, naan bread, peas and sweetcorn v- Quorn piece curry	Banana slices and custard	Seasonal fruit	Toasted cheese sandwich, lentil crisps, vegetable slices
T	Seasonal fruit	Fish fingers, chunky chips and beans v- Tofu pieces, chips and peas	Warm Chocolate and courgette brownie with creme fraiche	Cheese cubes with wholemeal crackers and hummus	v- Butternut squash risotto with garlic bread
W	Melba thins, butter, marmite and cucumber sticks	Chicken pie, potatoes, broccoli and sweetcorn v-vegetable pie	Oat, raisin and cinnamon cookie	Seasonal fruit	v- Macaroni cheese bake with mixed vegetables
T	Seasonal fruit	Chicken slices, Seasoned potato wedges, carrots and peas v- breaded halloumi sticks	Warm poached pears with greek yoghurt	Breadsticks, sliced boiled eggs and cucumber slices	Chicken and vegetable fajitas with corn on the cob v - vegetable fajitas
F	Oatcakes vegetable sticks and a variety of dips	Roast Gammon, pasta with cheese and vegetables v- pasta with cheese and vegetables	cherry loaf cake	Seasonal fruit	Closed

v-VEGETARIAN OPTION ALLERGENS-see folder







Autumn / Winter Menu

Highdale DAY NURSERY



meal planner

week 3

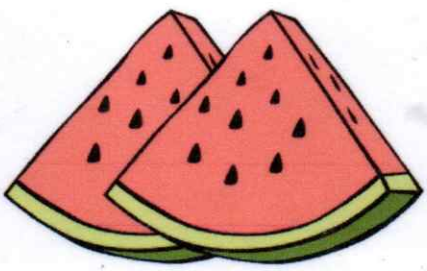


	SNACK	LUNCH	PUDDING	SNACK	DINNER
M	Seasonal fruit	Sausage casserole, potatoes, broccoli and sweetcorn v- quorn sausage casserole	Vanilla sponge and custard	wholegrain crackers, hummus and carrot sticks	v- pita bread pizza with vegetable and mozzarella topping.
T	Warm buttered toast and apple slices	Beef chilli, rice, tacos and seasonal vegetables v- Mixed bean chilli	Dark chocolate chip flapjack	Seasonal fruit	v- Cheese omelette, vegetarian sausage and beans
W	Seasonal fruit platter	Gammon, chunky chips and peas v- Tofu pieces, chips and peas	Bananas and custard	Oatcakes with a cheese slices and apple	v- vegetable and mozzarella pasta bake
T	Seasonal fruit	Roast chicken, potatoes, cauliflower cheese, carrots v- Cauliflower cheese bake	Apple and cinnamon loaf cake	Breadsticks/ whole grain crackers with hummus	v- Selection of sandwiches
F	Apple slices and cheese cubes	Breaded chicken goujons with vegetables and rice v-Breaded vegetable fingers	Greek yoghurt and berry compote	warm buttered toast with apple and satsuma	Closed

VEGETARIAN OPTION

ALLERGENS

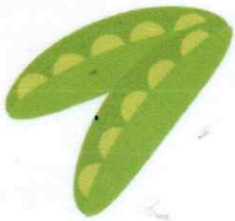






Autumn / Winter menu

Highdale DAY NURSERY





meal planner

week 4



	SNACK	LUNCH	PUDDING	SNACK	DINNER
M	Seasonal fruit platter	v - Pesto pasta, garlic bread, sweetcorn and carrots	maple shortbread fingers	Rice cakes with butter marmite or hummus	v- Selection of wraps with herby potato wedges
T	Selection of vegetable crudites /wholegrain crackers, hummus/tzatziki	Chicken pie, potatoes, peas and cabbage v- Vegetable pie	Bananas and custard	Seasonal fruit platter	Macaroni cheese bake with veg
W	Seasonal fruit platter	Turkey meatballs in tomato sauce, spaghetti, garlic bread and veg. v- halloumi pieces in a tomato sauce	Apple crumble frozen yoghurt ice cream	Cheese scones/ cucumber slices	Toasted sandwiches with lentil crisps/ veg sticks
T	Breadsticks, vegetable crudites and selection of dips	Sausages, mashed potato, carrots and peas with onion gravy v- vegetarian sausage	Greek yoghurt with mixed berry compote and toasted oats topping	Selection of fruit	Scrambled eggs, grilled tomatoes and mushrooms with toasted bagels
F	Seasonal fruit platter	Chicken curry, rice, naan bread and selection of vegetables. v- sweet potato curry	Lemon and blueberry loaf	Vegetable sticks/ rice cakes with cream cheese	Closed

VEGETARIAN OPTION

ALLERGENS



