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DAME BRADBURY'S NURSERY SUMMER MENU

WEEK 1

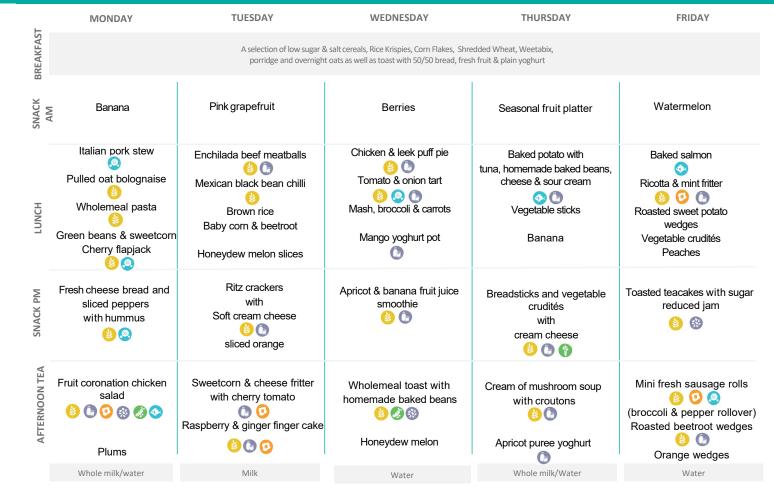
ALL OUR MEALS ARE FRESHLY MADE **TUESDAY** WEDNESDAY **THURSDAY FRIDAY** MONDAY BREAKFAST A selection of low sugar & salt cereals, Rice Krispies, Corn Flakes, Shredded Wheat, Weetabix, porridge and overnight oats as well as toast with 50/50 bread, fresh fruit & plain yoghurt Seasonal fruit platter Easy peelers Apple and pear Honeydew melon Berries Fresh cod fingers Turkey with onion gravy Lamb lasagne Vegetable bake topped Chicken tikka masala with herby diced new potatoes Quorn pieces with Brie, cranberry & spinach filo Sweet potato tikka masala gravy & mash Mediterranean veg lasagne pie Sugar snaps Garlic bread Cabbage Pilau rice Green beans & carrots Home wedges Broccoli & roasted chickpeas Peas & spinach Blackberry cheesecake Yoghurt Sweetcorn & cauliflower Satsumas Pineapple wedges Banana **SNACK PM** Rice cakes with soft cheese Oatcakes with unsalted butter Cheese straws Wholemeal pitta Apple & pear wedges with Wowbutter Vegetable crudités with tomato dip with hummus Peach slices Sliced orange Egg wrap with spring Homemade baked beans & Carrot & orange soup Boiled egg, chicken, sugar Turkey & avocado on multigrain onion, sliced ham, diced **AFTERNOON** wholemeal toast Sliced peppers snaps, carrot sticks mini toast pepper & carrot hummus Malt loaf Mixed fruityoghurt Fruit salad Watermelon Diced mango Milk Whole milk/water Water Whole milk/Water Water

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DAME BRADBURY'S NURSERY SUMMER MENU

WEEK 2

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DAME BRADBURY'S NURSERY SUMMER MENU

WEEK 3

ALL OUR MEALS ARE FRESHLY MADE **TUESDAY** WEDNESDAY **THURSDAY FRIDAY** MONDAY BREAKFAST A selection of low sugar & salt cereals, Rice Krispies, Corn Flakes, Shredded Wheat, Weetabix, porridge and overnight oats as well as toast with 50/50 bread, fresh fruit & plain yoghurt SNACK AM Banana **Pears** Seasonal fruit platter Pineapple Melon Katsu chicken Haddock goujons 🐼 😢 Turkey or tofu biryani Tortellini formaggio with Beef & leek cumberland pie Spinach & ricotta tomato sauce Egg katsu cannelloni 🚱 👩 🦍 Mini naan Roasted root veg toad in the Oven roasted Roasted butternut risotto hole LUNCH potatoes Brown rice Carrots & green beans Homemade Baby corn & peas Garlic bread New potatoes Baked beans Fromage frais Satsuma Parsnips & red onion Sugar free pear & Sweetcom & broccoli Fruit yoghurt pot (1) chocolate cake 😢 💽 Diced mango SNACK PM Toasted crumpets with Sugar snap peas with low Vegetable crudités and pear Rice cakes with butter and Fresh cheese scone and butter & melon chunks wedges with cream cheese fat hummus grated cheese cherry tomatoes **AFTERNOON TEA** Sliced turkey, feta, Mixed sandwich pinwheels Parsnip soup English muffin ham (spinach) Brown pitta pockets with beef boiled egg, cherry tomato with cucumber & yellow pepper tomato, mozzarella & watercress & pineapple pizza sticks & mini breadsticks and red pepper dip Oat cookies Apricot Pineapple & watermelon sticks Mixed berries Kiwi fruit Water Milk Whole milk/water Water Whole milk/Water