WINTER MENU | WEEK ONE

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal	Cereal	Cereal	Cereal	Cereal
AM SNACKS	Pineapple and orange segments	Oatcake and dip	Melon	Bananas and strawberries	Breadstick and dip
LUNCH	Tomato and Courgette Pinwheels with carrot Celery/Cucumber sticks	Carrot, sweetcorn, broccoli & chickpea cous	Homemade Vegetable Pizza with a Rainbow Salad	Egg and spinach muffins with cucumber and tomatoes	Crispbread, chicken and cheese with salad sticks
PM SNACKS	Apple	Apple and pears	Apple and kiwi	Mixed fruits	Fruit
TEA	Jacket potatoes With Beans and Coleslaw	Vegetable pasta bake	Roast chicken Roast potatoes Fresh Vegetables	Meat free chilli With rice	Fish finger, mixed veg Sweet potato mash

*The menu will be adapted for those children who have allergies or dietary requirements. We have a dedicated chef who prepares meals for the children in our own kitchen. This is a sample menu for 4Kidz Childcare Nursery, which may be subject to change due to various factors, including changes in chef or staff decisions, grocery availability, internal nursery adjustments, or other unforeseen circumstances. Rest assured, any changes will always prioritise the nutritional needs and preferences of the children in our care.

WINTER MENU | WEEK TWO

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal	Cereal	Cereal	Cereal	Cereal
AM SNACKS	Banana and peaches	Oatcake and dip	Pear and orange segments	Cheese thins	Fruit loaf
LUNCH	Buttered crackers with cheese, celery and peppers	Pea, sweetcorn and cucumber rice salad	Courgette Frittata Salad	Homemade Vegetable Soup	Tuna Pitta
PM SNACKS	Carrot and houmous dip	Kiwi and apples	Celery and pepper sticks with dip	Apple and plums	Bananas
TEA	Cottage pie Veg	Cauliflower and Broccoli Bake	Chicken casserole with rice	Spaghetti Bolognaise	Sausage five beans mash

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