



# FOUNDATIONS

## DAY NURSERY

Est. 2010

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast : choice of cereals or toast				
Morning Snack: fruit platter with 2 x fruit				
Spaghetti bolognaise  Dairy Free Yoghurt	Lentil, sweet potato and coconut curry and rice  Fruit Salad	Pasta puttanesca  Dairy Free Yoghurt with mixed berries	Chilli and rice  Fruit salad	Fish pie  Dairy free yoghurt
Afternoon snack				
Crackers and dairy free spread with cucumber slices	Crumpets with dairy free spread and apple slices	Wholemeal bread with dairy free spread and sliced cucumber	Choice of cereal with own milk and banana	Plain English muffin with dairy free spread served with sliced pear
Tea				
Beans on toast with veg sticks	Mackerel sandwich fingers with pepper sticks	Pitta bread with houmous and vegetable sticks	Tuna sandwiches with cucumber and apple sticks	DIY wraps



# FOUNDATIONS

## DAY NURSERY

Est. 2010

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: choice of cereals and toast				
Morning snack: fruit platter with 2 x fruit				
Tuna pasta  Dairy free yoghurt with fruit	Roast chicken  Dairy free yoghurt	Chicken stroganoff with rice  Fruit salad	Fillet of fish and mash  Dairy free yoghurt	Pasta arriabata  Fruit Salad
Afternoon snack				
Crackers and cream dairy free spread with cucumber slices	Crumpets with dairy free spread and apple slices	Choice of cereal with own milk with banana	Wholemeal bread with dairy free spread and sliced cucumber	Plain English muffin with dairy free spread served with sliced pear
Tea				
Pitta bread, houmous and carrot sticks	Tuna sandwiches with cucumber and apple sticks	DIY wraps	Mackerel pâté sandwich fingers with pepper sticks	Beans on toast with vegetable sticks