



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 Fromage frais	Lentil, sweet potato and coconut curry and rice or naan Fruit Salad	Pasta puttanesca Greek yoghurt with mixed berries	Chilli and rice Fruit salad	Fish pie Greek Yoghurt
Afternoon snack				
Crackers and cream cheese spread with cucumber slices	Crumpets with olive spread and apple slices	Wholemeal bread with olive spread and sliced cucumber	Choice of cereal with banana	Plain English muffin 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



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Breakfast: choice of cereals and toast				
Morning snack: fruit platter with 2 x fruit				
Tuna pasta Greek yoghurt with fruit	Quorn Sausage dinner Fromage Frais	stroganoff with rice Fruit salad	Fillet of fish and mash Fromage frais	Pasta arriabata Fruit Salad
Afternoon snack				
Crackers and cream cheese spread with cucumber slices	Crumpets with olive spread and apple slices	Choice of cereal with banana	Wholemeal bread with olive spread and sliced cucumber	Plain English muffin 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