



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	Chicken, sweet potato and coconut curry and rice Fruit Salad	Pasta puttanesca Greek yoghurt with mixed berries	Chilli and rice Fruit salad	Fish pie Greek Yoghurt
Afternoon snack				
Carbohydrate snack provided by family with cucumber slices	Carbohydrate snack provided by family and apple slices	Carbohydrate snack provided by family and sliced cucumber	Carbohydrate snack provided by family with banana	Carbohydrate snack provided by family 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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Est. 2010

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Breakfast: choice of cereals and toast				
Morning snack: fruit platter with 2 x fruit				
Tuna pasta Greek yoghurt with fruit	Roast chicken Fromage Frais	Chicken stroganoff with rice Fruit salad	Fillet of fish and mash Fromage frais	Pasta arriabata Fruit Salad
Afternoon snack				
Carbohydrate snack provided by family and cucumber slices	Carbohydrate snack provided by family and apple slices	Carbohydrate snack provided by family with banana	Carbohydrate snack provided by family and sliced cucumber	Carbohydrate snack provided by family and 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