

LITTLE FIRS DAY NURSERY-MENU.WEEK 1. PRESCHOOL

Day	Breakfast	Lunch	Tea
MONDAY	CEREAL & TOAST	<p>SAUSAGE CASSEROLE. Lean sausages, onions, chopped potatoes, celery, tomatoes, peppers, cannellini beans in a rich onion and tomato gravy. YOGHURT</p>	PIZZA & COLESLAW
TUESDAY	CEREAL & TOAST	<p>VEGETABLE LASAGNA SERVED WITH SALAD. Carrots, courgettes, onions in a tomato sauce in layers of Lasagna, creamy cheese sauce, topped with grated cheese served with salad. YOGHURT</p>	FISH FINGERS & BREAD
WEDNESDAY	CEREAL & TOAST	<p>ROAST BEEF, ROAST POTATOES & VEGETABLES. Roast beef, roast potatoes, Yorkshire pudding with vegetables and gravy. YOGHURT</p>	MACARONI CHEESE
THURSDAY	CEREAL & TOAST	<p>CHICKEN & BACON PASTA BAKE. Cooked pasta, chopped chicken, mushrooms and bacon in a tomato based sauce, with cheese topping and baked in the oven. YOGHURT</p>	SOUP & ROLL
FRIDAY	CEREAL & TOAST	<p>FISH PIE & MUSHY PEAS. Cooked fish in a creamy rich sauce topped with mashed potatoes with mushy peas. YOGHURT</p>	PASTA IN MASCARPONE SAUCE & GARLIC BREAD

LITTLE FIRS DAY NURSERY-MENU.WEEK 2. PRESCHOOL

Day	Breakfast	Lunch	Tea
MONDAY	CEREAL & TOAST	SPAGHETTI BOLOGNESE. Lean minced beef in an Italian tomato sauce served on a bed of spaghetti. YOGHURT	BAKED BEANS ON TOAST
TUESDAY	CEREAL & TOAST	CHICKEN CURRY. Diced chicken in a mild curry sauce served with rice & poppadoms. YOGHURT	SOUP & ROLL
WEDNESDAY	CEREAL & TOAST	ROAST GAMMON, ROAST POTATOES & VEGETABLES. Roast gammon, roast potatoes, with vegetables and gravy. YOGHURT	PIZZA & COLESLAW
THURSDAY	CEREAL & TOAST	BEEF LASAGNA & SALAD. Lean minced beef in a tomato sauce in layers of Lasagna, creamy cheese sauce, topped with grated cheese served with salad. YOGHURT	CHEESE ON TOAST
FRIDAY	CEREAL & TOAST	FISH FINGERS, MASHED POTATO & BAKED BEANS. Fish fingers, mashed potatoes and baked beans. YOGHURT	MACARONI CHEESE & TOAST

LITTLE FIRS DAY NURSERY-MENU.WEEK 3. PRESCHOOL

Day	Breakfast	Lunch	Tea
MONDAY	CEREAL & TOAST	CHINESE CHICKEN NOODLES Chicken pieces, sweetcorn and peas in a soy and chicken sauce served with noodles. YOGHURT	JACKET POTATO & BOLOGNESE
TUESDAY	CEREAL & TOAST	HOT POT. Savoury mince beef with onions, carrots, swede, tomato puree in a thick gravy, topped with sliced potatoes. YOGHURT	CAULIFLOWER CHEESE & GARLIC BREAD
WEDNESDAY	CEREAL & TOAST	ROAST CHICKEN, ROAST POTATOES & VEGETABLES. Roast chicken, roast potatoes, with vegetables and gravy. YOGHURT	TUNA OR CHEESE SPREAD SANDWICHES
THURSDAY	CEREAL & TOAST	CHILLI & RICE/ORZO PASTA. Lean minced beef in a mild chilli sauce served with rice. YOGHURT	PIZZA & SWEET POTATO WEDGES
FRIDAY	CEREAL & TOAST	SAUSAGES, MASHED POTATOES & BAKED BEANS. Lean sausages served with mashed potatoes and baked beans. YOGHURT	PASTA & TOMATO BASED SAUCE

LITTLE FIRS DAY NURSERY-MENU.WEEK 4. PRESCHOOL

Day	Breakfast	Lunch	Tea
MONDAY	CEREAL & TOAST	SPANISH CHICKEN PASTA BAKE. Cooked pasta, chopped chicken, onions, carrots, celery and peppers served in a tomato sauce baked in the oven. YOGHURT	FISH CAKES & BAKED BEANS
TUESDAY	CEREAL & TOAST	COTTAGE PIE. Savoury mince beef with onions, carrots, tomato puree in a thick gravy, topped with mashed potatoes served with vegetables. YOGHURT	SOUP & ROLL.
WEDNESDAY	CEREAL & TOAST	ROAST PORK, ROAST POTATOES & VEGATABLES. Roast pork, roast potatoes, with vegetables and gravy. YOGHURT	CUCUMBER OR CHEESE SANDWICHES
THURSDAY	CEREAL & TOAST	MEATBALLS & SPAGHETTI. Homemade meatballs in a tomato sauce served with spaghetti. YOGHURT	BROCCOLI CHEESE WITH GARLIC BREAD
FRIDAY	CEREAL & TOAST	BATTERED FISH, CHIPS & MUSHY PEAS. Battered fish served with chips and mushy peas. YOGHURT	CHICKEN NUGGETS & BAKED BEANS