**LITTLE FIRS DAY NURSERY-MENU.WEEK 1.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Day** | **Breakfast** | **Lunch** | **Tea** |
| **MONDAY** | **CEREAL & TOAST** | **SAUSAGE CASSEROLE and MASHED POTATO.****Sausages, onions, celery, tomatoes, peppers, baked beans in a rich tomato-sauce. Served with mashed potato.****YOGHURT** | **PIZZA & POTATO WEDGES.** |
| **TUESDAY** | **CEREAL & TOAST** | **VEGETABLE LASAGNE SERVED WITH SALAD.****Carrots, Courgettes and onions in a tomato sauce in layers of lasagne sheets and creamy cheese sauce, topped with grated cheese.****YOGHURT** | **FISH FINGER** **SANDWICHES.** |
| **WEDNESDAY** | **CEREAL & TOAST** | **ROAST BEEF, ROAST POTATOES & VEGETABLES.****Roast beef, roast potatoes, Yorkshire pudding with vegetables and gravy.****YOGHURT** | **MACARONI CHEESE.** |
| **THURSDAY** | **CEREAL & CRUMPETS** | **CHICKEN & BACON PASTA.****Chicken and bacon in a tomato sauce served on pasta.****YOGHURT** | **SOUP & ROLL.** |
| **FRIDAY** | **SOFT BOILED EGG & SOLDIERS****CEREAL** | **FISH PIE & MUSHY PEAS.****Cooked fish in a creamy sauce topped with mashed potatoes with mushy peas.****YOGHURT** | **PASTA IN TOMATO SAUCE.** |

**LITTLE FIRS DAY NURSERY-MENU.WEEK 2.**

|  |  |  |  |
| --- | --- | --- | --- |
| **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 & RICE/ORZO PASTA.****Diced chicken in a mild curry sauce served with rice (orzo pasta for the babies)** **YOGHURT** | **SOUP & ROLL.** |
| **WEDNESDAY** | **CEREAL & TOAST** | **ROAST GAMMON, ROAST POTATOES & VEGETABLES.****Roast gammon, roast potatoes, with vegetables and gravy.****YOGHURT** | **CHICKEN NUGGETS & SPAGHETTI HOOPS.** |
| **THURSDAY** | **CEREAL & CRUMPETS** | **BEEF LASAGNE** **Lean minced beef in a tomato sauce in layers of lasagne sheets and creamy cheese sauce, topped with grated cheese served with salad.****YOGHURT** | **CHEESE ON TOAST.** |
| **FRIDAY** | **SOFT BOILED EGG & SOLDIERS****CEREAL** | **FISH FINGERS, MASHED POTATOES & BAKED BEANS.****Fish fingers, mashed potatoes, and baked beans.****YOGHURT** | **MACARONI CHEESE.** |

**LITTLE FIRS DAY NURSERY-MENU.WEEK 3.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Day** | **Breakfast** | **Lunch** | **Tea** |
| **MONDAY** | **CEREAL & TOAST** | **PASTA IN A VEGETABLE SAUCE** **Variety of Vegetables in a tomato based sauce served over Pasta****YOGHURT** | **JACKET POTATO & BAKED BEANS** |
| **TUESDAY** | **CEREAL & TOAST** | **HOT POT.****Savoury mince beef with onions, carrots, swede, and tomato puree in a thick gravy, topped with sliced potatoes.****YOGHURT** | **CAULIFLOWER & MAC****CHEESE** |
| **WEDNESDAY** | **CEREAL & TOAST** | **ROAST CHICKEN, ROAST POTATOES & VEGETABLES.****Roast chicken, roast potatoes, with vegetables and gravy.****YOGHURT** | **TUNA OR JAM****SANDWICHES.** |
| **THURSDAY** | **CEREAL & CRUMPETS** | **CHILLI & RICE/ORZO PASTA.****Lean minced beef in a mild chilli sauce served with rice (orzo pasta for the babies).****YOGHURT** | **PIZZA & POTATO WEDGES.** |
| **FRIDAY** | **BOILED EGGS****CEREAL** | **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.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Day** | **Breakfast** | **Lunch** | **Tea** |
| **MONDAY** | **CEREAL & TOAST** | **SPANISH CHICKEN PASTA BAKE.****Cooked pasta, diced 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 & VEGETABLES.****Roast pork, roast potatoes, with vegetables and gravy.****YOGHURT** | **HAM OR CHEESE****SANDWICHES.** |
| **THURSDAY** | **CEREAL & CRUMPETS** | **MEATBALLS & SPAGHETTI.****Homemade meatballs in a tomato-based sauce served with spaghetti.****YOGHURT** | **BROCCOLI CHEESE**  |
| **FRIDAY** | **BOILED EGGS** **CEREAL** | **BATTERED FISH, CHIPS & MUSHY PEAS.****Battered fish served with chips and mushy peas.****YOGHURT** | **CHICKEN NUGGETS & BAKED BEANS.** |