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

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| **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.**

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| **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.**

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| **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.**

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| **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.** |