

**LITTLE FIRS DAY NURSERY-MENU.WEEK 1. BIRTH TO THREE UNIT.**

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

**LITTLE FIRS DAY NURSERY-MENU.WEEK 2. BIRTH TO THREE UNIT.**

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

**LITTLE FIRS DAY NURSERY-MENU.WEEK 3. BIRTH TO THREE UNIT.**

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

**LITTLE FIRS DAY NURSERY-MENU.WEEK 4. BIRTH TO THREE UNIT.**

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