



# The Lawns Children's Nursery

## Menu Week 1



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal or toast with spread and conserve.  Milk or Water.	Cereal or toast with spread and conserve.  Milk or Water.	Cereal or toast with spread and conserve.  Milk or Water.	Cereal or toast with spread and conserve.  Milk or Water.	Cereal or toast with spread and conserve.  Milk or Water.
Morning snack	Breadsticks with cheese and pear slices.  Milk or water.	Sliced fresh fruit selection  Milk or water.	Pepper sticks with apple and pear slices  Milk or water	Cream crackers with fresh fruit  Milk or water.	Rice cakes with cucumber and banana  Milk or water.
Lunch	Homemade Pizza with potato wedges and vegetable sticks  Fruit and yoghurt	Sausages and roast potatoes with seasonal vegetables and gravy  Banana bread with vanilla sauce	Chicken curry with rice and naan bread  Peach fool ripple	Beef meatballs with spaghetti and garlic bread  Carrot cake and custard	Tuna fishcakes with potato wedges, peas and tomato sauce  Fresh fruit salad
Afternoon snack	Cream crackers with apple slices and grapes  Milk or water.	Rice cakes with orange slices and raisins  Milk or water.	Breadsticks with cucumber and carrot stick and a cream cheese dip  Milk or water.	Rice cakes with cheese and apple slices  Milk or water.	Breadsticks with pear and pepper slices  Milk or water.
High tea	Ham sandwich with cucumber sticks.	Egg sandwiches with tomato.	Cheese wraps with carrot sticks.	Tuna sandwiches with vegetable sticks	Ham and cheese wraps