



The Lawns Children's Nursery

Menu Week 3



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	Sliced fresh fruit selection. Milk or water.	Cream crackers with red pepper sticks and apple slices Milk or water.	Rice cakes with sliced banana and raisins Milk or water	Cream crackers with apple slices Milk or water.	Breadsticks with pepper and cucumber sticks Milk or water.
Lunch	Jacket potatoes with a selection of fillings and salad sticks Shortbread biscuits	Homemade lamb burgers with potato wedges, peas and homemade tomato ketchup Banana cake and custard	Salmon pasta with sweetcorn Natural yoghurt and fruit	Vegetable and lentil lasagne with vegetables and garlic bread Flapjack and custard	Cottage pie with vegetables Jelly and fruit
Afternoon snack	Cucumber sticks with orange and banana slices Milk or water.	Breadsticks with vegetable sticks and a cream cheese dip Milk or water.	Sliced fresh fruit selection Milk or water.	Breadsticks with pear and banana slices Milk or water.	Cheese with apple slices and grapes Milk or water.
High tea	Cheese sandwiches with salad sticks and fruit	Tuna rolls with salad sticks and fruit	Chicken sandwiches with salad sticks and fruit	Cheese wraps with salad sticks and fruit	Ham sandwiches with salad sticks and fruit