

Rocking Horse Nursery Menu (1) * hidden veg

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and fruit	Fruit bread and fruit	Crumpets & Fruit	Toast & Fruit	Vanilla yogurt with fruit and toast or Porridge with fruit
Lunch	Toad in the hole, mash & veg Fruit salad	Red lentil and aubergine moussaka and mash Ice cream	*Chicken and veg curry with rice and naan bread Stewed fruit and custard	Fish & egg pie With veg Yoghurts with fruit puree	Roast, roast potatoes & veg Strawberry Cheesecake
Tea	Cauliflower cheese with boiled eggs Flapjack	Mackerel pate (cream cheese) Peppers and carrot sticks Fruit	Ham and cheese omelette with bread and butter. Salad Milk jelly	Spaghetti on toast, with grated cheese. Carrot cakes*	Fish fingers and peas/sweetcorn. Bread and butter Choc chip biscuits
Snacks The cook will write in snack options					

Afternoon snack includes carbohydrate and fruit/veg and the children will be offered milk and water.

Snack ideas- soft cheese on a cracker with apple, Dip and vegetables, Bread stick and cheese cube, Banana and cracker, popcorn and fruit, cream cheese on bread or cracker and fruit. Smoothie and bread stick, crackers and cheese, ham wrapped vegetables, Pineapple and cheese,

We would suggest that your child will need a carbohydrate snack before bedtime to ensure they have a nutritionally balanced day.

Rocking Horse Nursery Menu (2) * Hidden veg

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast and Fruit	Vanilla yoghurt & fruit with toast or porridge and fruit	Cereal and Fruit	Crumpets and Fruit	Muffins and Fruit
Lunch	Roast, roast potatoes & veg yoghurts with fruit puree	Tuna burgers, chips & peas Rice pudding	Spaghetti Bolognese * with garlic bread Fruit	Vegetable chilli & rice Ice cream	Chicken & courgette Lasagne with veg Jam/syrup sponge & custard
Tea	Crackers with cheese, lentil dip and salad cakes	Beans and cheese on toast Fruit	Leek & potato Soup with bread Chocolate courgette cake	Pizza* with salad Fruit	Egg sandwiches and salad Shortbread biscuits
Snack The cook will write in snack options daily					

Afternoon snack includes carbohydrate and fruit/veg and the children will be offered milk and water.

Snack ideas- soft cheese on a cracker with apple, Dip and vegetables, Bread stick and cheese cube, Banana and crisp bread, popcorn and fruit, cream cheese on bread or cracker and fruit. Smoothie and bread stick, crackers and cheese, ham wrapped vegetables, Pineapple and cheese.

We would suggest that your child will need a carbohydrate snack before bedtime to ensure they have a nutritionally balanced day.

Rocking Horse Nursery Menu (3) * Hidden veg

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and Fruit	Croissants and Fruit	Toast and Fruit	Teacakes Fruit	Crumpets Fruit
Lunch	Cauliflower and broccoli pasta bake Rice pudding	Turkey meat balls in tomato sauce* With cous cous & veg [P124] Fruit salad	Roast, roast potatoes & veg yoghurts with fruit puree	Lamb cobbler With potatoes & veg Ice cream	Fish pie with veg Banana and custard
Tea	Quiche & salad Fruit	Ham sandwiches & salad Chocolate crispy Cakes [P265]	Carrot & red pepper soup with crusty bread Banana cake	Jacket potatoes with beans and cheese. Fruit	Scrambled egg on toast with grated cheese. Fruit scones
Snack The cook will write a snack option daily					

Afternoon snack includes carbohydrate and fruit/veg and the children will be offered milk and water.

Snack ideas- soft cheese on a cracker with apple, Dip and vegetables, Bread stick and cheese cube, Banana and cracker, popcorn and fruit, cream cheese on bread or cracker and fruit. Smoothie and bread stick, crackers and cheese, ham wrapped vegetables, pineapple and cheese.

We would suggest that your child will need a carbohydrate snack before bedtime to ensure they have a nutritionally balanced day.

Rocking Horse Nursery Menu 4 * Hidden veg

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and Fruit	Porridge and fruit or yogurt and fruit with toast	Pancakes and Fruit	Toast and Fruit	Muffins and Fruit
Lunch	Tuna pasta bake * With veg Yogurt and fruit puree.	Sausage and lentil casserole with mash and veg fruit and jelly	Honey & soy chicken with stir fry veg, Noodles & prawn crackers fruit crumble and custard.	Roast roast potatoes & veg Fresh fruit salad	Leek and Potato bake and veg Yoghurts
Tea	Beans on toast with grated cheese Ginger and oat biscuits	Jam or marmite Sandwiches & vegetable sticks Carrot cakes	Cheese scones & salad fruit	Pittas with hummus/sour cream and chilli dip and salad Fairy cakes	Spaghetti on toast with cheese Fruit
Snack The cook will write in a snack option daily					

Afternoon snack includes carbohydrate and fruit/veg and the children will be offered milk and water.

Snack ideas- soft cheese on a cracker with apple, Dip and vegetables, Bread stick and cheese cube, Banana and cracker, popcorn and fruit, cream cheese on bread or cracker and fruit. Smoothie and bread stick, crackers and cheese, ham wrapped vegetables, pineapple and cheese.

We would suggest that your child will need a carbohydrate snack before bedtime to ensure they have a nutritionally balanced day.

Rocking Horse Nursery Menu (5) *Hidden veg

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins and Fruit	Hot cross buns and fruit	Vanilla yoghurt & Fruit and toast or Porridge and fruit	Crumpets and Fruit	Cereal and Fruit
Lunch	Pork and spinach lasagne with veg Fruit salad	Smoked mixed fish pie with veg strewed fruit & custard	Vegetable curry with cous cous & naan bread Yoghurts with fruit puree	Beef casserole potatoes & veg Ice cream	Roast, Roast potatoes, & veg Rice pudding
Tea	Tuna and mayo wraps with salad Fairy cakes	Bacon sandwiches & salad Chocolate brownie	Cheese and tomato macaroni Fruit	Cowboy pie Fruit	Ham or cheese sandwiches with salad Biscuits
Snack The cook will write in snack option daily					

Afternoon snack includes carbohydrate and fruit/veg and the children will be offered milk and water.

Snack ideas- soft cheese on a cracker with apple, Dip and vegetables, Bread stick and cheese cube, Banana and cracker, popcorn and fruit, cream cheese on bread or cracker and fruit. Smoothie and bread stick, crackers and cheese, ham wrapped vegetables, pineapple and cheese.

We would suggest that your child will need a carbohydrate snack before bedtime to ensure they have a nutritionally balanced day.

Rocking Horse Nursery Menu (6) * Hidden veg

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast and Fruit	Vanilla yoghurt with fruit & toast or Porridge and fruit	Pancakes and Fruit	Muffins and Fruit	Cereal and Fruit
Lunch	Vegetable lasagne & peas Ice-cream	Roast, roast potatoes & veg Milk Jelly	Sausage and mushroom plait with mash & veg Fruit salad	Cottage pie with veg Banana custard	Chicken and bacon risotto with peas and sweet corn Bread and butter pudding
Tea	Pitta with hummus and sour cream dip & salad Fruit	Cheese sandwiches & salad Chocolate courgette cake	Tuna mayonnaise wraps with salad yoghurts with fruit puree	Sweet corn fritters with bean Fruit	Cheese and onion quiche with salad Flapjack
Snack The cook will write in snack option daily.					

Afternoon snack includes carbohydrate and fruit/veg and the children will be offered milk and water.

Snack ideas- soft cheese on a cracker with apple, Dip and vegetables, Bread stick and cheese cube, Banana and cracker, popcorn and fruit, cream cheese on bread or cracker and fruit. Smoothie and bread stick, crackers and cheese, ham wrapped vegetables, pineapple and cheese.

We would suggest that your child will need a carbohydrate snack before bedtime to ensure they have a nutritionally balanced day.