
















Friends Nursery 2008 Menu - Week 1

Day	Breakfast	Snack	Lunch	Tea
Mon	Yoghurt, Cereal & Toast	Pineapple & cubed cheese	 Fisherman's Pie with a Crunchy Topping served with Sweetcorn & Peas Fruit Crumble & Custard	Tomato Soup & Buttered Wholemeal Roll Fresh fruit
Tues	Cereal & Toast	Grapes & bananas	 Sausage casserole served with Mash and Cauliflower/Broccoli Yoghurt	Cheesy Crumpets with Carrot & Cucumber Fresh fruit
Wed	Croissant, Cereal & Toast	Apples & oranges	 Shepherds Pie served with Peas & Sweetcorn Fruit Puree & Ice Cream	Beans on Wholemeal Toast Fresh fruit
Thurs	Cereal & Toast	Bananas & apples	 French Ratatouille Pasta served with Garlic Bread Spotty Sponge & Cream	Grated Cheese & Pickle, Tuna & Sweetcorn wraps Fresh fruit
Fri	Toasted raisin bread & cereal	Pears, Apples & Oranges	 Roast Turkey in Rich Gravy served with roast potatoes & carrots Chocolate Rice Crispy cakes	'Kids' Homemade Pizza Toppings with cheese, mushroom & sweetcorn Fresh fruit
	Milk/Water	Milk/water	Water	Water






Friends Nursery 2008 Menu - Week 2

Day	Breakfast	Snack	Lunch	Tea
Mon	Cereal & Toast	Pineapple & cubed cheese	 <p>Italian Vegetable Medley in a Rich Tomato Sauce served with Spaghetti & Buttered Ciabatta Bread Stewed Fruit & Yoghurt</p>	Fish Fingers & Beans Dried Fruit
Tues	Croissant, Cereal & Toast	Grapes & bananas	 <p>Roast Chicken in Rich Gravy served with Roast Potatoes and a Carrot & Swede Mash Rhubarb Crumble & Custard</p>	Tomato Soup & Buttered Wholemeal Roll Fresh fruit
Wed	Cereal & Toast	Apples & oranges	 <p>Greek Moussaka served with Green Beans Yoghurt</p>	Cheesy Crumpets with vegetable Sticks Dried fruit
Thurs	Toasted raisin bread & cereal	Bananas & apples	 <p>Italian Vegetable Risotto served with Garlic Bread Treacle Sponge & Custard</p>	Ham, pate, cheese & marmite wholemeal Sandwiches Fresh fruit
Fri	Yoghurt, Cereal & Toast	Pears, Apples & Oranges	 <p>Haddock & Cheesy Mash served with Peas & Sweetcorn Flapjacks</p>	Pitta Bread with Tuna Mayo Fresh fruit
	Milk/Water	Milk/water	Water	Water






Friends Nursery 2008 Menu - Week 3

Day	Breakfast	Snack	Lunch	Tea
Mon	Croissant, Cereal & Toast	Pineapple & cubed cheese	 Italian Vegetable Lasagne served with Salad & Garlic Bread Fruit Crumble & Cream	Beans & Cheese on Toast Crudités with Guacamole Fruit
Tues	Cereal & Toast	Grapes & bananas	 Chinese Sweet & Sour Chicken served with Noodles or Rice Angel Delight	Tomato Soup & Buttered Wholemeal Roll Cherry Tomatoes & Cucumber
Wed	Toasted raisin bread & cereal	Apples & oranges	 Fruity Sausage Casserole served with Mash and Beans Cake & Chocolate Custard	'Kids' Homemade Wraps with Houmous & Roasted Peppers with Crudités Fresh fruit
Thurs	Yoghurt, Cereal & Toast	Bananas & apples	 Shepherds Pie & Carrots Yoghurt	Pitta bread filled with ham, pate and cheese Fresh fruit
Fri	Cereal & Toast	Pears, Apples & Oranges	 Cauliflower, Broccoli & Leek Bake with a Cheesy Topping served with Roast Potatoes Fairy Cakes	Cheesy Crumpets with vegetable Sticks Dried fruit
	Milk/Water	Milk/water	Water	Water






Friends Nursery 2008 Menu - Week 4

Day	Breakfast	Snack	Lunch	Tea
Mon	Cereal & Toast	Pineapple & cubed cheese	 Italian Spaghetti Bolognese with Crudités served with Ciapatta Bread Yoghurt	Jacket potatoes filled with tuna & sweetcorn mayo
Tues	Toasted raisin bread & cereal	Grapes & bananas	 Chicken Casserole served with Potato Bread & Butter Pudding	Cheesy Crumpets with vegetable Sticks Dried fruit
Wed	Yoghurt, Cereal & Toast	Apples & oranges	 Greek Moussaka served with Green Beans Fairy Cakes	'Kids' Homemade Fajitas with Chicken, Cheese, Lettuce & Tomato with Yoghurt & Guacamole Smoothies
Thurs	Cereal & Toast	Bananas & apples	 Tuna Pasta Bake served with Garlic Bread Yoghurt	Pitta Bread filled with Egg Mayo, Ham or Marmite Fresh fruit
Fri	Croissant, Cereal & Toast	Pears, Apples & Oranges	 Cottage Pie served with a Carrot & Swede Mash Chocolate Cake & Custard	Welsh Rarebit Cherry Tomatoes & Cucumber Fresh fruit
	Milk/Water	Milk/water	Water	Water

Friends Nursery 2008 Menu - Week 5

Day	Breakfast	Snack	Lunch	Tea
Mon	Toasted raisin bread & cereal	Pineapple & cubed cheese	 French Ratatouille Pasta served with Garlic Bread Fruit Crumble & Ice Cream	'Kids' Homemade Wraps with Houmous & Roasted Peppers with Crudités
Tues	Yoghurt, Cereal & Toast	Grapes & bananas	 Fish and Potato Bake served with Green Beans Yoghurt	Tomato Soup & Buttered Wholemeal Roll Smoothies
Wed	Cereal & Toast	Apples & oranges	 Cauliflower, Broccoli & Leek Bake with a Cheesy Topping served with Roast Potatoes Chocolate Cake & Chocolate Sauce	Fish fingers & Beans Dried fruit
Thurs	Croissant, Cereal & Toast	Bananas & apples	 Pasta Bolognaise served with Ciapatta Bread Yoghurt	Ham, Pate. Cheese & Marmite Wraps Dried fruit
Fri	Cereal & Toast	Pears, Apples & Oranges	 Indian Chicken Korma served with Rice & Naan Bread Fairy Cakes	Chipolata Sausage in a Roll Baby sweetcorn & Sugar Snap Peas
	Milk/Water	Milk/water	Water	Water

Friends Nursery 2008 Menu - Week 6

Day	Breakfast	Snack	Lunch	Tea
Mon	Yoghurt, Cereal & Toast	Pineapple & cubed cheese	 Italian Vegetable Lasagne served with Salad & Garlic Bread Yoghurt	Pitta Bread with Tuna Mayo Fresh fruit
Tues	Cereal & Toast	Grapes & bananas	 Roast Turkey in a Rich Gravy served with Mash Potatoes and Cabbage Jelly	Tomato Soup & Buttered Wholemeal Roll Dried Fruit
Wed	Croissant, Cereal & Toast	Apples & oranges	 Thai Fish Curry served with Boiled Rice & Naan Bread Apple Crumble & Custard	Spaghetti on Wholemeal Toast Fresh fruit
Thurs	Cereal & Toast	Bananas & apples	 Beanie Cottage Pie served with Cauliflower & Broccoli Biscuit & Milkshake	'Kids' Homemade Pizza Toppings with Cheese, Ham & Pineapple Fresh fruit
Fri	Toasted raisin bread & cereal	Pears, Apples & Oranges	 Italian Vegetable Risotto served with Crudités Pineapple Upside Down Cake with Cream	Fish Fingers in a Roll with Beans Fresh fruit
	Milk/Water	Milk/water	Water	Water

