

# Menu- Week 1



Quality Kidz nursery is focused on providing and promoting a balanced diet for under-fives. A good diet is particularly important for young children as early food experiences will impact on Childrens eating patterns and habits in their adult life. Young children need energy (in the form of calories from food) and nutrients such as protein, carbohydrate, vitamins and minerals to make sure that their bodies work properly and grow. A healthy diet helps to improve their concentration, learning and behaviour, Promotes proper physical growth and development, Builds up their strength, Promotes resistance to infection, Gives plenty of energy, Minimises future health risks like iron-deficiency anaemia, obesity, Type 2 diabetes, heart disease, stroke, cancer and dental decay and Helps them to establish healthy eating patterns and habits for life.

Day:	Breakfast:	Lunch:	Tea:
<b>Monday</b>	Toast with Spreads, cereals and fresh fruit	Baked Macaroni with cheese and Baked beans Rice pudding	Crumpets Fruit/ carrot sticks
<b>Tuesday</b>	Toast with Spreads, cereals and fresh fruit	Chilli con carne With rice and carrots Fruit salad	Crackers and cheese Fruit/ salad sticks
<b>Wednesday</b>	Toast with Spreads, cereals and fresh fruit	Sausage stew Strawberry/ Raspberry fromage frais	Filled Sandwiches Fruit/ salad sticks
<b>Thursday</b>	Toast with Spreads, cereals and fresh fruit	Fish fingers With sweet mash potatoes and sweetcorn Fresh fruit and yoghurt	Beans on toast Fruit/ salad sticks
<b>Friday</b>	Toast with Spreads, cereals and fresh fruit	Sweet & Sour chicken with white rice Angel delight	Pitta bread and hummus Cheese Salad sticks Fruit

# Menu- Week 2



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Day:	Breakfast:	Lunch:	Tea:
<b>Monday</b>	Toast with Spreads, cereals and fresh fruit	Vegetable pasta Bake With cheese and Green Beans Flapjack and yoghurt	Pizza fingers Fruit/ salad sticks
<b>Tuesday</b>	Toast with Spreads, cereals and fresh fruit	Sausages Mash Potato Carrots and peas with gravy Banana's and custard	Spaghetti on toast Fruit/ salad sticks
<b>Wednesday</b>	Toast with Spreads, cereals and fresh fruit	Lentil curry with vegetable rice Ice cream roll	Croissant and jam Fruit/ salad sticks
<b>Thursday</b>	Toast with Spreads, cereals and fresh fruit	Chicken casserole Mediterranean Couscous with vegetables Chocolate Sponge Cake	Filled sandwiches Fruit/ carrot sticks
<b>Friday</b>	Toast with Spreads, cereals and fresh fruit	Fish cakes with mash potato Broccoli and Cauliflower Yoghurt with pineapple	Crumpets Fruit/ salad sticks

# Menu- Week 3



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Day:	Breakfast:	Lunch:	Tea:
<b>Monday</b>	Toast with Spreads, cereals and fresh fruit	Ham and mushroom tagliatelle Strawberry and Vanilla swiss roll	Crackers and cheese Fruit/ salad sticks
<b>Tuesday</b>	Toast with Spreads, cereals and fresh fruit	Shepherds pie with Broccoli and Cauliflower Jelly and ice cream	Pitta bread and hummus Fruit/ salad sticks
<b>Wednesday</b>	Toast with Spreads, cereals and fresh fruit	Vegetable curry and rice Fresh fruit and yoghurt	Crumpets with Butter Fruit/ salad sticks
<b>Thursday</b>	Toast with Spreads, cereals and fresh fruit	Roast Chicken ,roast Potatoes, vegetables and gravy Lemon cheesecake	Filled sandwiches (chicken and Jam) Fruit/ carrot sticks
<b>Friday</b>	Toast with Spreads, cereals and fresh fruit	Sausage meatballs and Spaghetti with Garlic Bread Rice pudding	Pizza fingers Fruit/ salad sticks

