

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:
Monday	Toast with Spreads, cereals and fresh fruit	Baked Macaroni with cheese Angel Delight	Crackers and cheese Fruit/ carrot sticks
Tuesday	Toast with Spreads, cereals and fresh fruit	Chilli con carne with rice Vanilla Bake and Custard	Crumpets Fruit/ salad sticks
Wednesday	Toast with Spreads, cereals and fresh fruit	Sausage Mash and Beans Lemon Cheesecake	Scones with sultanas and jam Fruit/ salad sticks
Thursday	Toast with Spreads, cereals and fresh fruit	Fish Fingers With sweet mash potatoes and sweetcorn Rice Pudding	Spaghetti on toast Fruit/ salad sticks
Friday	Toast with Spreads, cereals and fresh fruit	Fish Fingers with sweet potato mash and vegetables Jelly and Ice-cream	Pitta bread and hummus Cheese Salad sticks Fruit

Menu- Week 2



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:
Monday	Toast with Spreads, cereals and fresh fruit	Vegetable Pasta Bake With cheese and Green Beans Strawberry/Raspberry Petit Filous	Pizza fingers Fruit/ salad sticks
Tuesday	Toast with Spreads, cereals and fresh fruit	Sausages Mash and Vegetables Chocolate cake and chocolate custard	Beans on toast Fruit/ salad sticks
Wednesday	Toast with Spreads, cereals and fresh fruit	Beef Burgers and Wedges Angel Delight	Croissant and jam Fruit/ salad sticks
Thursday	Toast with Spreads, cereals and fresh fruit	Chicken Casserole New potatoes and Vegetables Bananas and yogurt	Filled Sandwiches Fruit/ carrot sticks
Friday	Toast with Spreads, cereals and fresh fruit	Fish Cakes Smiley Faces and Spaghetti Hoops Rice Pudding	Crumpets Fruit/ salad sticks

Menu- Week 3



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:
Monday	Toast with Spreads, cereals and fresh fruit	Lasagne with Garlic Bread Strawberry/Raspberry Fromage Frais	Crackers and cheese Fruit/ salad sticks
Tuesday	Toast with Spreads, cereals and fresh fruit	Chicken Curry with Rice Fruitcake	Pitta bread and hummus Fruit/ salad sticks
Wednesday	Toast with Spreads, cereals and fresh fruit	Meatballs with Spaghetti Jam Sponge and Custard	Crumpets with Butter Fruit/ salad sticks
Thursday	Toast with Spreads, cereals and fresh fruit	Shepherds Pie with Vegetables Jelly and Ice-cream	Wraps with ham, cheese and salad Fruit/ carrot sticks
Friday	Toast with Spreads, cereals and fresh fruit	Roast Chicken, Roast Potatoes, Vegetables and Gravy Rice Pudding	Crispbread and cream cheese Fruit/ salad sticks

Menu- Week 4



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:
Monday	Toast with Spreads, cereals and fresh fruit	Bacon and Chicken Pasta Bake Angel Delight	Crackers and cheese Fruit/ carrot sticks
Tuesday	Toast with Spreads, cereals and fresh fruit	Spaghetti Bolognese with garlic bread Iced sponge with sprinkles	Crumpets Fruit/ salad sticks
Wednesday	Toast with Spreads, cereals and fresh fruit	Chicken Pie and Mash Strawberry/Raspberry Fromage Frais	Scones with sultanas and jam Fruit/ salad sticks
Thursday	Toast with Spreads, cereals and fresh fruit	Jacket Potato with Cheese and Beans Banana and custard	Spaghetti on toast Fruit/ salad sticks
Friday	Toast with Spreads, cereals and fresh fruit	Fish Fingers with croquettes and beans Jelly and Ice-cream	Pitta bread and hummus Cheese Salad sticks Fruit

