

Ridgemount Cottage Nursery School

Week 1: Autumn/Winter Menu (children aged 0-1)



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (<i>Selection of cereals, Toast with butter or jam</i>)	Weetabix with banana	Weetabix with grated apple	Porridge with banana	Porridge with mixed berries	Fruit and natural yogurt
Lunch <i>Meals are mashed or pureed per parent's request</i>	Creamy vegetable Korma	Roast chicken dinner with root veg and potato	Beef pasta Bolognese with cheese sprinkles	Fish pie with vegetables and potato	Fruity lamb couscous
	Greek yogurt	Low sugar fruity flapjack	Fromage frais	Fruit compote with Greek yogurt	Rainbow fruit salad
Tea <i>Meals are mashed or pureed per parent's request</i>	Cheese and ham Ploughman's	Creamy root vegetable soup	Pitta with cheese and ham filling and a selection of dips	Minestrone soup with pasta shells	Vegetarian chilli with potato wedges.
	Homemade oaty bites	Fromage frais	Rainbow fruit salad	Homemade oaty bites	Fromage frais

Milk is provided when required.