

Queensway Nursery & Preschool Winter Menu September – March

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Choose from: Wholegrain cereals (rice pops, wholegrain hoops, cornflakes), croissants and/or toast, served with milk and water				
MORNING SNACK	Food	Dried Fruits Selection (figs, apricots, sultanas)	Juicy Raisins & Apple Slices	Rainbow platter (banana, strawberries, pear)	Cheese cubes & Cherry Tomatoes	Fresh Fruit Platter (apples, oranges, bananas)
	Drink	Water	Water	Water	Water	Water
MIDDAY LUNCH	Food	Tuna Cous Cous Salad (Tinned tuna, onion, carrot, raisins, cous cous, herbs)	Chicken and Cauliflower Bake (chicken, cauliflower, cheese sauce, onion, broccoli, herbs, breadcrumbs)	Fresh Cod Fish and Scrambled Eggs with sliced Tomatoes (eggs, milk, cod, onions, peppers, tomatoes, garlic, cheese, herbs)	Traditional Spaghetti Bolognese (minced beef, onions, carrots, tomatoes, garlic, red and green peppers, herbs, peas, spaghetti)	Fresh Vegetable Soup with sliced bread (leek, celery, carrot, pumpkin, turnip, potatoes, vegetable stock)
	Dessert	Fruity Yogurt	Cubed Melon	Nectarine Bites	Pear Slices	Fruity Yogurt
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Platter of wholemeal sandwich triangles: Cheese and cucumber Egg and Cress	Ham and Cheese Wholemeal Wraps with Hummus	Pork Sausage / Cheesy Baked Rolls Carrot Sticks	Baked Beans on Wholemeal Toast Orange slices	Freshly Prepared Pizza with a selection of toppings
	Drink	Water	Water	Water	Water	Water
LATE SNACK		Each day the Chef will choose a selection of fruits and savoury snacks for the children. Please see your child's care diary for details.				
Water		Water is freely available throughout the day				
Allergies		Please discuss this with Management.				

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WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Choose from: Wholegrain cereals (rice pops, wholegrain hoops, cornflakes), croissants and/or toast, served with milk and water				
MORNING SNACK	Food	Dried Fruits Selection (figs, apricots, sultanas)	Juicy Raisins & Apple Slices	Rainbow platter (banana, strawberries, pear)	Cheese cubes & Cherry Tomatoes	Fresh Fruit Platter (apples, oranges, bananas)
	Drink	Water	Water	Water	Water	Water
MIDDAY LUNCH	Food	Cod and Pea Risotto (cod, peas, rice, vegetable stock, garlic, onions, sweetcorn, cheese, peas)	Oven Baked Lasagne (Minced Beef, onions, garlic, herbs, carrots, mixed peppers, lasagne sheets, bechamel, tomatoes)	Chicken Goujons, Cucumber, lettuce and tomato salad (chicken, lettuce, cucumber, tomato)	Pork Sausages, Cheesy Mash and Baked Beans (pork, potatoes, beans, cheese)	Homemade Lentil Soup with Bread Sticks (lentils, leek, celery, carrots, potatoes, vegetable stock)
	Dessert	Fruity Yogurt	Pineapple Rings	Banana Bites	Sweet Melon	Fruity Yogurt
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Warm Toast with a choice of spreads	Freshly Prepared Vegetable Sticks and Bread Sticks with Hummus	Cheese Cubes and Cherry Tomatoes with warm Pitta Bread	Platter of wholemeal sandwich triangles: Ham and Cream Cheese Strawberry Jam	Yummy Pancakes with Lemon and Brown Sugar
	Drink	Water	Water	Water	Water	Water
LATE SNACK		Each day the Chef will choose a selection of fruits and savoury snacks for the children. Please see your child's care diary for details.				
Water		Water is freely available throughout the day				
Allergies		Please discuss this with Management.				

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WEEK 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Choose from: Wholegrain cereals (rice pops, wholegrain hoops, cornflakes), croissants and/or toast, served with milk and water				
MORNING SNACK	Food	Dried Fruits Selection (figs, apricots, sultanas)	Juicy Raisins & Apple Slices	Rainbow platter (banana, strawberries, pear)	Cheese cubes & Cherry Tomatoes	Fresh Fruit Platter (apples, oranges, bananas)
	Drink	Water	Water	Water	Water	Water
MIDDAY LUNCH	Food	Creamy Tuna and Broccoli Bake (tinned tuna, broccoli, bechamel, pasta, cheese)	Homemade Meatballs with Rice (beef, eggs, breadcrumbs, tomato, carrots, onion, mixed peppers, garlic, herbs)	Roast Chicken, Carrots and Mashed Potatoes (chicken, carrots, potatoes, gravy)	Cheesy Vegetable Lasagne (onion, mushrooms, garlic, courgette, carrots, tomato, mixed peppers, herbs, lasagne sheets)	Broccoli Soup with Crusty Bread (broccoli, leek, celery, carrots, potatoes, vegetable stock)
	Dessert	Fruity Yogurt	Cubed Melon	Pineapple Slices	Nectarine Bites	Fruity Yogurt
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Crispy Crackers with a selection of spreads	Platter of wholemeal sandwich triangles: Sliced Egg and Ham Cream cheese and Cucumber	Pork Sausage Rolls Cheesy Baked Rolls	Cheese Cubes and Cherry Tomatoes with warm Pitta Bread	Freshly Prepared Pizza with a selection of toppings
	Drink	Water	Water	Water	Water	Water
LATE SNACK		Each day the Chef will choose a selection of fruits and savoury snacks for the children. Please see your child's care diary for details.				
Water		Water is freely available throughout the day				
Allergies		Please discuss this with Management.				

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WEEK 4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Choose from: Wholegrain cereals (rice pops, wholegrain hoops, cornflakes), croissants and/or toast, served with milk and water				
MORNING SNACK	Food	Dried Fruits Selection (figs, apricots, sultanas)	Juicy Raisins & Apple Slices	Rainbow platter (banana, strawberries, pear)	Cheese cubes & Cherry Tomatoes	Fresh Fruit Platter (apples, oranges, bananas)
	Drink	Water	Water	Water	Water	Water
MIDDAY LUNCH	Food	Quorn Mince and Savoury Rice (quorn mince, onion, garlic, celery, carrots, tomato, gravy)	Cod Fingers, Cheesy Mash and Beans (cod, batter, potatoes, cheese, green beans, butter)	Homemade Macaroni Cheese (macaroni pasta, cheese sauce, onion, red pepper, milk, cheese)	Spanish Omelette with Crunchy Salad (potatoes, egg, onion, herb, lettuce, cucumber, tomato, balsamic dressing)	Chickpea and White Bean Soup with Bread Sticks (chickpeas, white beans, leek, celery, carrots, potatoes, vegetable stock)
	Dessert	Fruity Yogurt	Pineapple Rings	Banana Bites	Sweet Melon	Fruity Yogurt
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Chicken Goujons and Lettuce Wraps with Hummus	Scrambled Eggs in a warm Pitta Bread Cherry Tomatoes	Freshly Prepared Vegetable and Bread Sticks with Hummus	Platter of wholemeal sandwich triangles: Ham and Cream Cheese Strawberry Jam	Toasted Crumpets with a selection of toppings
	Drink	Water	Water	Water	Water	Water
LATE SNACK		Each day the Chef will choose a selection of fruits and savoury snacks for the children. Please see your child's care diary for details.				
Water		Water is freely available throughout the day				
Allergies		Please discuss this with Management.				

