



# SCHOOL FOOD TRUST

Eat Better Do Better

PUDDLEDUCKS DAY NURSERY

## SPRING/SUMMER MENU

### LUNCH

WEEK ONE	Main Course	Side dish	Dessert	Drink
Monday	Tuna Surprise Macaroni cheese	Sweet corn	Yoghurts with fresh or dried fruit	Milk or water
Tuesday	Roast chicken and gravy Qourn	Mashed potatoes and broccoli	Yoghurts with fresh or dried fruit	Milk or water
Wednesday	Pasta Bolognaise Quorn	Hidden peppers and courgette	Yoghurts with fresh or dried fruit	Milk or water
Thursday	Fisherman's pie Cheese and potato pie	Peas and carrots	Yoghurts with fresh or dried fruit	Milk or water
Friday	Toad In the hole Vegetarian sausage	Broccoli	Yoghurts with fresh or dried fruit	Milk or water

### TEA

WEEK ONE	Nursery tea	Side dish	Dessert	Drink
Monday	High Tea	Cucumber and tomatoes	Yoghurts with fresh or dried fruit	Milk or water
Tuesday	Fish fingers Vegetable fingers	Spaghetti hoops	Yoghurts with fresh or dried fruit	Milk or water
Wednesday	Chicken goujons Pepper goujons	Baked beans	Yoghurts with fresh or dried fruit	Milk or water
Thursday	Cheese and tomato pasta	Garlic bread	Yoghurts with fresh or dried fruit	Milk or water
Friday	Chicken breast salad Quorn	Peppers, toms and cucumber with bread and butter	Yoghurts with fresh or dried fruit	Milk or water



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BREAKFAST

WEEK ONE	Breakfast	Drink
Monday	Weetabix with milk Dried apricots	Milk or water
Tuesday	Porridge with milk Raisins Wholemeal toast	Milk or water
Wednesday	Shreddies with milk Strawberries Bagels	Milk or water
Thursday	Cheerios with milk Croissants Sliced apple	Milk or water
Friday	Rice crispies with milk Toasted teacake	Milk or water

SNACK

WEEK ONE	Morning Snack	Afternoon Snack	Drink
Monday	Muffin and clementine	Breadsticks and Cherry tomatoes	Milk or water
Tuesday	Pitta cucumber and red pepper	Oatcake and Satsuma	Milk or water
Wednesday	Pancakes and pear	Crackers and sliced apple	Milk or water
Thursday	Rice cakes and grapes	Bagel and bananas	Milk or water
Friday	Toast and carrot	Crumpets and celery	Milk or water