

autumn & winter menu week 1



Little Wellies
day nursery

freshly cooked, delicious, healthy meals to explore different tastes and textures

Monday

BREAKFAST

A choice of cereals
Fresh milk and water

LUNCH

Tasty minced beef or plant-based (ve) spaghetti bolognese
Banana slices smothered in yummy vanilla custard (v)
Fresh water

MID AFTERNOON SNACK

Crunchy breadsticks with a tasty houmous dip (v)
Fresh milk and water

AFTERNOON TEA

Warm fluffy crumpets (ve) with melted butter (v)
Freshly chopped melon & kiwi fruits
Fresh water

Tuesday

BREAKFAST

A choice of cereals
Fresh milk and water

LUNCH

Homemade white fish & spinach or mixed bean (v) pie with mixed vegetables
Homemade apple pie with a dollop of ice cream (v)
Fresh water

MID AFTERNOON SNACK

Freshly chopped sticks of peppers, carrots & cucumber (ve)
Fresh milk and water

AFTERNOON TEA

A tasty choice of sliced ham or soft cheese sandwiches (v) in wholemeal bread
Sliced apple and satsumas
Fresh water

Wednesday

BREAKFAST

A choice of cereals
Fresh milk and water

LUNCH

Roasted chicken or roast 'No Chick' pieces (ve) served with boiled potatoes, cabbage, carrot & swede mash, & tasty gravy
Delicious fruity yoghurt (v)
Fresh water

MID AFTERNOON SNACK

Scotch pancakes (v)
Fresh milk and water

AFTERNOON TEA

Baked potato with yummy salmon mayo
Fresh chunks of pineapple & pears
Fresh water

Thursday

BREAKFAST

A choice of cereals
Fresh milk and water

LUNCH

Mixed bean & vegetable ragu (v) served with fluffy rice
Homemade creamy rice pudding (v)
Fresh water

MID AFTERNOON SNACK

Cream Crackers with cream cheese (v)
Fresh milk and water

AFTERNOON TEA

Baked beans in tomato sauce on wholemeal toast (ve)
Fresh plums & satsuma pieces
Fresh water

Friday

BREAKFAST

A choice of cereals
Fresh milk and water

LUNCH

Homemade chicken or veggie burger (ve) with broccoli & carrots
Homemade Sultana cake slice (v)
Fresh water

MID AFTERNOON SNACK

Rice cakes with carrot sticks (v)
Fresh milk and water

AFTERNOON TEA

Homemade tomato & lentil soup with a wholemeal bread roll (v)
Portion of fresh fruit
Fresh water

autumn & winter menu week 2



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Monday

BREAKFAST

A choice of cereals
Fresh milk and water

LUNCH

Pork sausage or plant-based (ve) toad in the hole (v) served with broccoli, sweetcorn and gravy

Healthy fruit yogurt (v)
Fresh water

MID AFTERNOON SNACK

Crunchy breadsticks & sliced cherry tomatoes (v)
Fresh milk and water

AFTERNOON TEA

Scrumptiously fruity toasted teacakes (v)
Fresh slices of apples & pears
Fresh water

Tuesday

BREAKFAST

A choice of cereals
Fresh milk and water

LUNCH

Homemade mildly spiced paneer saag curry served with fluffy basmati rice (v)

Homemade creamy rice pudding (v)
Fresh water

MID AFTERNOON SNACK

Malt loaf (ve)
Fresh milk and water

AFTERNOON TEA

Steaming spaghetti on wholemeal toast (v)
Freshly sliced chunks of pineapple and apples
Fresh water

Wednesday

BREAKFAST

A choice of cereals
Fresh milk and water

LUNCH

Tender chicken or 'no chick' (ve) & winter vegetable stew served with homemade vegetable dumplings (v)

Homemade apple crumble with vanilla custard (v)
Fresh water

MID AFTERNOON SNACK

Fresh sticks of carrots, cucumber & peppers (ve)
Fresh milk and water

AFTERNOON TEA

Warm wholemeal pitta pockets of ham or cheese (v) with cherry tomatoes
Chopped melon & pears
Fresh water

Thursday

BREAKFAST

A choice of cereals
Fresh milk and water

LUNCH

Homemade tasty beef or plant based mince (ve) cottage pie with carrots & green beans

Sliced banana & custard (v)
Fresh water

MID AFTERNOON SNACK

Crunchy rice cakes topped with cream cheese (v)
Fresh milk and water

AFTERNOON TEA

Homemade vegetable & lentil soup with a soft wholemeal bread roll (v)
Juicy satsumas
Fresh water

Friday

BREAKFAST

A choice of cereals
Fresh milk and water

LUNCH

Creamy Salmon or lentil (v) broccoli & leek pasta with sweetcorn & peas

Homemade yummy gingerbread biscuit (v)
Fresh water

MID AFTERNOON SNACK

Wholemeal stonebaked pitta sticks with a houmous dip (v)
Fresh milk and water

AFTERNOON TEA

A tasty choice of ham or cheese wraps (v) with fresh cucumber sticks
Portion of fresh fruit
Fresh water

autumn & winter menu week 3



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Monday

BREAKFAST

A choice of cereals
Fresh milk and water

LUNCH

Tasty beef or plant based (v)
chilli con carne with fluffy
basmati rice

Mashed banana with natural
yogurt (v)
Fresh water

MID AFTERNOON SNACK

Succulent chopped mixed
grapes (ve)
Fresh milk and water

AFTERNOON TEA

A tasty choice of ham or soft
cheese sandwiches (v) in
wholemeal bread

Freshly sliced apple &
plums
Fresh water

Tuesday

BREAKFAST

A choice of cereals
Fresh milk and water

LUNCH

Yummy homemade
breaded fishcakes or
veggie burgers (ve) with
mixed vegetables

Bread & butter sultana
pudding with steaming
vanilla custard (v)
Fresh water

MID AFTERNOON SNACK

Cream Crackers with cream
cheese (v)
Fresh milk and water

AFTERNOON TEA

Leek & potato soup with
wholemeal bread (v)

Melon & satsuma
Fresh water

Wednesday

BREAKFAST

A choice of cereals
Fresh milk and water

LUNCH

Homemade chicken or
plant based (ve) pasta
bolognese, served with
garlic bread

Homemade creamy rice
pudding (v)
Fresh water

MID AFTERNOON SNACK

Squidgy malt loaf (ve)
Fresh milk and water

AFTERNOON TEA

Spicy chilli bean on
wholemeal toast (ve)

Sliced nectarines
Fresh water

Thursday

BREAKFAST

A choice of cereals
Fresh milk and water

LUNCH

Our popular cheesy
cowboy pie or plant based
alternative (v)

Sugar free Banana bread
slices (v)
Fresh water

MID AFTERNOON SNACK

Pepper, cucumber & carrot
veggie sticks (ve)
Fresh milk and water

AFTERNOON TEA

Tasty crumpets with a
melted cheese topping (v)

Satsuma segments
Fresh water

Friday

BREAKFAST

A choice of cereals
Fresh milk and water

LUNCH

Vegetable lasagne served
with garden peas (v)

Strawberry Angel delight
(v)
Fresh water

MID AFTERNOON SNACK

Crunchy oatcakes topped
with banana slices (ve)
Fresh milk and water

AFTERNOON TEA

Tasty cheese & tomato
pizza served with carrot &
cucumber sticks (v)

A selection of fresh fruit
Fresh water