



Week 1 – Menu created by Lindsay at Broomhill Nursery

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8am - 9am)	Choice of Porridge, Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops all served with Fresh Fruit				
Morning Snack	Toast & (low sugar) Jam	Crumpets	Fresh Fruit Platter	Toast & Scrambled Eggs	Sliced Fruit & Yoghurt
Lunch	Chicken & Banana Korma with Rice & Naan Bread	Chicken Carbonara with Garlic Bread	Salmon with Vegetable Rice	Broccoli & Cauliflower Cheese Bake	Moussaka with Green Beans
Dessert	Fresh Fruit	Fromage Frais & Strawberries	Blueberry Cake	Fresh Fruit	Banana Loaf
Afternoon Snack	Cream Cheese & Crackers	Ginger Biscuits	Melon Medley	Humous, Breadsticks & Mixed Olives	Fresh Fruit
Tea	Sandwiches Cheese Salad Ham Salad	Wraps Tuna Sweetcorn Cheese & Tomato	Cold Pasta & Vegetables	Bagels Tuna & Sweetcorn Cheese & Cucumber	Sandwiches Chicken & Cucumber Cheese & Tomato

DF - Dairy Free

V - Vegetarian

GF - Gluten Free

Elmore Kindergarten can provide for the above 'food intolerances' and the nurseries are 'nut free'. If your child has an 'allergy' towards certain ingredients that can't be avoided through one of the above groups, we do recommend you provide food for your child's day.



Week 2 – Menu created by Lindsay at Broomhill Nursery

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8am - 9am)	Choice of Porridge, Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops all served with Fresh Fruit				
Morning Snack	Wholemeal Toast with Honey	Toasted Brioche & fruit	Sliced Fruit	Crumpets & (low sugar) Jam	Fresh Fruit
Lunch	Spaghetti Bolognese	Vegetable Chilli with Rice	Homemade Fish Cakes with Wedges & Garden Peas	Toad in the hole with mixed vegetables	Roast Chicken with Mashed Potatoes, Vegetables, Stuffing & Yorkshire Puddings
Dessert	Fresh Fruit	Melon Medley	Low Fat Strawberry Yoghurt	Fresh Fruit	Vanilla Ice Cream & Wafers
Afternoon Snack	Chocolate Crispie Treats	Lemon Slices	Cream Cheese, Cucumber & Crackers	Vegetable Platter & Humous	Cheese & Biscuits
Tea	Sandwiches Chicken & Cucumber Cheese & Tomato	Cold Vegetable Pasta	Bagels Tuna & Sweetcorn Cheese & Cucumber	Sandwiches Cheese Salad Ham Salad	Wraps Tuna Sweetcorn Cheese & Tomato

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Week 3 – Menu created by Lindsay at Broomhill Nursery

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8am - 9am)	Choice of Porridge, Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops all served with Fresh Fruit				
Morning Snack	Toast & (low sugar) Jam	Fresh Fruit	Sultana Flapjack	Melon Medley	Porridge & Honey
Lunch	Sizzling Sausages with Mash & Peas	Vegetable Lasagne with Garlic Bread	Fabulous Fish Pie with Broccoli	Cheese & Tomato Quiche with new Potatoes & Beans	Chicken & Vegetable Pasta
Dessert	Fruit Salad	Chocolate Chip Banana Loaf	Fruit Platter	Fromage Frais & Strawberries	Vanilla Ice Cream & Wafers
Afternoon Snack	Cheese & Crackers	Mediterranean Platter, Humous, Vegetable Sticks & Olives	Sliced Apple & Cheese Cubes	Ginger Biscuits	Fresh Fruit
Tea	Sandwiches Cheese & Cucumber Tuna & Sweetcorn	Bagels Cheese & Tomato Chicken Salad	Cold Vegetable Pasta	Sandwiches Ham & Tomato, Cucumber Tuna & Sweetcorn	Wraps Tuna Sweetcorn Cheese & Tomato

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Week 4 – Menu created by Lindsay at Broomhill Nursery

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8am - 9am)	Choice of Porridge, Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops all served with Fresh Fruit				
Morning Snack	Fruit Salad	Toast & Boiled Eggs	Crumpets with Butter	Fresh Fruit	Cinnamon Toast & Banana
Lunch	Creamy Salmon & Broccoli Linguine	Chicken Korma with Rice	Wholemeal Pasta & Vegetable Sauce	Autumn Vegetable Soup with Soft Rolls	Chicken Chasseur with Mash
Dessert	Low Fat Yogurt	Fresh Fruit Platter	Banana & Custard	Melon Medley	Oat & Raisin Cookies
Afternoon Snack	Banana Loaf	Chocolate Crispie Treats	Sliced Apple & Cheese Cubes	Cream Cheese & Breadsticks	Fresh Fruit Platter
Tea	Sandwiches Chicken & Tomato Egg Salad	Bagels Cheese & Tomato Chicken Salad	Wraps Tuna Sweetcorn Cheese & Tomato	Cold Vegetable Pasta	Sandwiches Ham & Tomato, Cucumber Tuna & Sweetcorn

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