



BREAKFAST (8am - 9am)
Choice of Cereals, Cornflakes,
Puffed Rice, Weetabix, or
Multigrain Hoops

MORNING SNACK
Fruit

LUNCH
Vegetable Chilli & Rice

DESSERT
Ice Cream and Wafers

AFTERNOON SNACK
Breadsticks and hummus

TEA
Thins
Egg, Ham, cheese
Served with salad sticks.



BREAKFAST (8am - 9am)
Choice of Cereals, Cornflakes,
Puffed Rice, Weetabix, or
Multigrain Hoops

MORNING SNACK
Crumpets

LUNCH
Chicken Dinner

DESSERT
Flapjack

AFTERNOON SNACK
Fruit
TEA
Quesadillas
Served with salad sticks.



WEEK 1

Menu created by Joey at
Middlewood Nursery



BREAKFAST (8am - 9am)
Choice of Cereals, Cornflakes,
Puffed Rice, Weetabix, or Multigrain
Hoops

MORNING SNACK
Fruit

LUNCH
Broccoli and Cauliflower Bake

DESSERT
Yoghurt

AFTERNOON SNACK
Cheese & Apples

TEA
Sandwiches
Ham, chicken, cheese
Salad sticks



BREAKFAST (8am - 9am)
Choice of Cereals, Cornflakes,
Puffed Rice, Weetabix, or
Multigrain Hoops

MORNING SNACK
Beans on Toast

LUNCH
Spaghetti Bolognese

DESSERT
Fruit

AFTERNOON SNACK
Ginger Biscuits

TEA
Wraps:
Tuna, Ham, Cheese



BREAKFAST (8am - 9am)
Choice of Cereals, Cornflakes,
Puffed Rice, Weetabix, or
Multigrain Hoops

MORNING SNACK
Toasted Bagels

LUNCH
Herby Fish Fingers with Chinese
Style Rice

DESSERT
Oat & Raisin Biscuits

AFTERNOON SNACK
Fruit

TEA
Vegetable pasta with Cheese
Sauce



DF - Dairy Free V - Vegetarian GF - Gluten Free

Elmore Kindergarten can provide for the above food tolerances 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 recommend you provide food for your child's day.



BREAKFAST (8am - 9am)

Choice of Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops

MORNING SNACK

Fruit

LUNCH

Chicken Korma

DESSERT

Sponge Cake and Custard

AFTERNOON SNACK

Cheese Twists & Apples

TEA

Pizza Pinwheels



BREAKFAST (8am - 9am)

Choice of Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops

MORNING SNACK

Healthy Pancakes and Fruit

LUNCH

Vegetable Soup

DESSERT

Melon Medley

AFTERNOON SNACK

Rice Krispie Buns

TEA

Tuna Pasta Salad



WEEK 2

Menu created by Joey at Middlewood Nursery



BREAKFAST (8am - 9am)

Choice of Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops

MORNING SNACK

Cinnamon Toast

LUNCH

Cottage Pie and Vegetables

DESSERT

Satsuma Jelly

AFTERNOON SNACK

Fruit

TEA

Sandwiches

Ham, chicken, cheese

Salad sticks



BREAKFAST (8am - 9am)

Choice of Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops

MORNING SNACK

Fruit

LUNCH

Tuna Pasta Bake

DESSERT

Fruit

AFTERNOON SNACK

Vegetable Sticks and Tzatziki

TEA

Wraps

Tuna, Ham, Cheese



BREAKFAST (8am - 9am)

Choice of Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops

MORNING SNACK

Scrambled Eggs and Toast

LUNCH

Chicken Casserole with Mash and Vegetables

DESSERT

Fromage Frais

AFTERNOON SNACK

Yoghurt

TEA

Thins - Chicken, Cheese, Quorn



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BREAKFAST (8am - 9am)
Choice of Cornflakes, Puffed Rice, Weetabix, or Multigrain Hoops

MORNING SNACK
Fruit

LUNCH
Macaroni Cheese with Peas and Sweetcorn

DESSERT
Rice Pudding

AFTERNOON SNACK
Yoghurt

TEA
Thins
Egg, Ham, cheese
Served with salad sticks.



BREAKFAST (8am - 9am)
Choice of Cornflakes, Puffed Rice, Weetabix, or Multigrain Hoops

MORNING SNACK
Toast with Low Sugar Jam

LUNCH
Mince Beef Cobbler

DESSERT
Fruit

AFTERNOON SNACK
Raspberry Cookies

TEA
Pitta Pockets
Ham, Cheese, and Salad



WEEK 3

Menu created by Joey at
Middlewood Nursery



BREAKFAST (8am - 9am)
Choice of Cornflakes, Puffed Rice, Weetabix, or Multigrain Hoops

MORNING SNACK
Fruit

LUNCH
Spanish Chicken

DESSERT
Yoghurt

AFTERNOON SNACK
Fruit Fritters

TEA
Sandwiches
Ham, chicken, cheese
Salad sticks



BREAKFAST (8am - 9am)
Choice of Cornflakes, Puffed Rice, Weetabix, or Multigrain Hoops

MORNING SNACK
Brioche

LUNCH
Fish & Mash Potatoes with Parsley Sauce

DESSERT
Banana Muffin

AFTERNOON SNACK
Celery & Cream Cheese

TEA
Wraps - Tuna, Ham, Cheese



BREAKFAST (8am - 9am)
Choice of Cornflakes, Puffed Rice, Weetabix, or Multigrain Hoops

MORNING SNACK
Fruit

LUNCH
Jacket Potatoes

DESSERT

Apple Pie and Custard

AFTERNOON SNACK
Apricot & Raspberry Tarts

TEA
Vegetable Cous Cous



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BREAKFAST (8am - 9am)
Choice of Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops

MORNING SNACK
Fruit Smoothies

LUNCH
Chicken & Leek Pie

DESSERT
Apple Slices

AFTERNOON SNACK
Vegetable Fritters with Lemony Cucumber Dip

TEA
Thins
Egg, Ham, cheese
Served with salad sticks



BREAKFAST (8am - 9am)
Choice of Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops

MORNING SNACK
Toasted Teacakes

LUNCH
Vegetable Biryani

DESSERT
Fruit

AFTERNOON SNACK
Crackers with Cheese Spread and Cucumber

TEA
Pizza Pinwheels



WEEK 4

Menu created by Joey at Middlewood Nursery



BREAKFAST (8am - 9am)
Choice of Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops

MORNING SNACK
Weetabix Trifle

LUNCH
Sausages & Mash

DESSERT
Bananas & Custard

AFTERNOON SNACK
Rice Cakes and Fruit

TEA
Cheese Pasta Salad



BREAKFAST (8am - 9am)
Choice of Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops

MORNING SNACK
Fruit

LUNCH
Pitta Pizzas & Beans

DESSERT
Jam Tarts

AFTERNOON SNACK
Breadsticks and Hummus

TEA
Wraps
Tuna, Ham, Cheese



BREAKFAST (8am - 9am)
Choice of Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops

MORNING SNACK
Boiled Eggs & Toast

LUNCH
Fish Pie

DESSERT
Fruit

AFTERNOON SNACK
Homemade Cheese Scones with Butter

TEA
Sandwiches
Ham, chicken, cheese
Salad sticks



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