



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

Vegetable Chilli with Rice &
Naan Bread

DESSERT

Fruit and Yoghurt

AFTERNOON SNACK

Breadsticks & Hummus

TEA

Ham & Cheese Thins
with Salad Sticks



BREAKFAST (8am - 9am)

Choice of Cereals, Cornflakes,
Puffed Rice, Weetabix or
Multigrain Hoops

MORNING SNACK

Crumpets

LUNCH

Chicken Pasta Bake

DESSERT

Flapjack

AFTERNOON SNACK

Fruit

TEA

Quesadillas
served with Salad Sticks



BREAKFAST (8am - 9am)

Choice of Cereals, Cornflakes,
Puffed Rice, Weetabix or
Multigrain Hoops

MORNING SNACK

Fruit

LUNCH

Fish Pie with Mash Potatoes
& Vegetables

DESSERT

Strawberry Yoghurt

AFTERNOON SNACK

Cheese & Apple Slices

TEA

Sandwiches & Salad Sticks



BREAKFAST (8am - 9am)

Choice of Cereals, Cornflakes,
Puffed Rice, Weetabix or
Multigrain Hoops

MORNING SNACK

Toast

LUNCH

Quiche with New Potatoes
& Beans

DESSERT

Fruit

AFTERNOON SNACK

Homemade Ginger Biscuits

TEA

Cheese Pasta



BREAKFAST (8am - 9am)

Choice of Cereals, Cornflakes,
Puffed Rice, Weetabix or
Multigrain Hoops

MORNING SNACK

Bagels

LUNCH

Spaghetti Bolognese

DESSERT

Oat Raisin Biscuits

AFTERNOON SNACK

Fruit

TEA

Pitta Pockets & Salad Sticks



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.



WEEK 2

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BREAKFAST (8am - 9am)

Choice of Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops

MORNING SNACK

Joey's Banana Pancakes

LUNCH

Chicken Korma with Rice & Naan Bread

DESSERT

Strawberry / Coconut Cake

AFTERNOON SNACK

Cheese Twists & Apples

TEA

Pizza Pinwheels



BREAKFAST (8am - 9am)

Choice of Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops

MORNING SNACK

Breakfast Bars

LUNCH

Spaghetti Carbonara

DESSERT

Melon Medley

AFTERNOON SNACK

Cheese, Crackers and Vegetable Sticks

TEA

Sandwiches & Salad Sticks



BREAKFAST (8am - 9am)

Choice of Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops

MORNING SNACK

Toast with Jam

LUNCH

Cod in Tomato and Mixed Pepper Sauce with New Potatoes

DESSERT

Jelly

AFTERNOON SNACK

Fruit

TEA

wraps



BREAKFAST (8am - 9am)

Choice of Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops

MORNING SNACK

Fruit

LUNCH

Cheese & Broccoli Pasta

DESSERT

Yoghurt

AFTERNOON SNACK

Vegetable Sticks and Tzatziki

TEA

Sandwich Thins



BREAKFAST (8am - 9am)

Choice of Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops

MORNING SNACK

Weetabix Trifle

LUNCH

Jacket Potatoes

DESSERT

Fruit

AFTERNOON SNACK

Fromage Frais

TEA

Tuna Pasta Bake



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BREAKFAST (8am - 9am)

Choice of Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops

MORNING SNACK

Fruit

LUNCH

Macaroni & Cheese with Vegetables.

DESSERT

Yoghurt

AFTERNOON SNACK

Fruit Pizza

TEA

Thins

Egg, Ham, Cheese

Served with Salad Sticks



BREAKFAST (8am - 9am)

Choice of Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops

MORNING SNACK

Fruit Compote

LUNCH

Cowboy Pie

DESSERT

Peaches & Cream

AFTERNOON SNACK

Pretzels & Raisins

TEA

Wraps

Tuna, Ham, Cheese

Served with Salad Sticks



WEEK 3

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BREAKFAST (8am - 9am)

Choice of Cornflakes, Puffed Rice, weetabix or Multigrain Hoops

MORNING SNACK

Toast with Jam

LUNCH

BBQ chicken with New Potatoes and Veg

DESSERT

Fruit

AFTERNOON SNACK

Chocolate Chip and Blueberry

Cookies

TEA

Chicken Mayo Pasta with

Lettuce & Sweetcorn



BREAKFAST (8am - 9am)

Choice of Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops

MORNING SNACK

Teacakes

LUNCH

Spanish Chicken Traybake and Boiled Potatoes

DESSERT

Raspberry Yoghurt

AFTERNOON SNACK

Pitta's, Dips and Vegetable

Sticks

TEA

Sandwiches & Salad Sticks



BREAKFAST (8am - 9am)

Choice of Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops

MORNING SNACK

Bagels

LUNCH

Chickpea & Sweet Potato Curry with Chapati

DESSERT

Apple Pie & Custard

AFTERNOON SNACK

Cheese & Biscuits

TEA

Pitta Pockets

Ham, Cheese, and Salad



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BREAKFAST (8am - 9am)

Choice of Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops

MORNING SNACK

Teacakes

LUNCH

Chicken & Leek Pie with Vegetables

DESSERT

Apple Slices

AFTERNOON SNACK

Vegetable Fritters with Tzatziki

TEA

Thins

Egg, Ham, Cheese

Served with Salad Sticks



BREAKFAST (8am - 9am)

Choice of Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops

MORNING SNACK

Fruit Smoothies

LUNCH

Sausages with Mashed Potato & Vegetables

DESSERT

Jam Tarts

AFTERNOON SNACK

Crackers with Soft Cheese & Cucumber

TEA

Pizza Pinwheels & Salad Sticks



WEEK 4

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BREAKFAST (8am - 9am)

Choice of Cornflakes, Puffed Rice, weetabix or Multigrain Hoops

MORNING SNACK

Breakfast Muffins

LUNCH

Chicken Chow Mein

DESSERT

Bananas & Custard

AFTERNOON SNACK

Rice Cakes & Fruit

TEA

Cheese Pasta Salad



BREAKFAST (8am - 9am)

Choice of Cornflakes, Puffed Rice, weetabix or Multigrain Hoops

MORNING SNACK

Fruit

LUNCH

Pitta Pizzas with Beans

DESSERT

Blueberry Sponge Cake

AFTERNOON SNACK

Breadsticks & Hummus

TEA

Wraps

Tuna, Ham, Cheese

Served with Salad Sticks



BREAKFAST (8am - 9am)

Choice of Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops

MORNING SNACK

Toast with Jam

LUNCH

Lasagna, Garlic Bread and Salad

DESSERT

Fruit

AFTERNOON SNACK

Homemade Cheese Scones with Butter

TEA

Sandwiches

Ham, Chicken, Cheese

Salad Sticks



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