



# Rainbow's Winter Menus

## WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Vegetable Tortilla Wraps	Rice Cakes with Apple Slices	Buttered Bagel with Cucumber Sticks	Fresh Fruit	Bread Stick with Banana Chunks
Lunch	Lamb Curry with Naan Bread & Cucumber Raita V Quorn Curry  Rice Pudding	Chicken, Sweetcorn and Broccoli Casserole with Potato V Quorn casserole  Seasonal Fresh Fruit	Salmon and Pollock Bake with Green Beans V Pasta Bake  Homemade Fruit Jelly	V Cheese and Potato Pie ,Mixed Vegetables & Gravy  Natural Yoghurt with Fruit	Cheese Scone  Sausage and Vegetable Casserole with Cous Cous V Vegetable Casserole
Afternoon Snack	Rice Cake with Pear Slices	Homemade Savoury Popcorn and Orange Pieces	Cucumber and Carrot Sticks with Crackers and Soft Cheese	Homemade Raisin Bread with Apple	Natural Yoghurt with Peaches
Afternoon Tea	Fish Fingers with Wholemeal Bread and Tomato Dip B Lentil Bake  Fresh Fruit	Ham or Cheese Salad in a Warm Pitta Bread B Vegetable Casserole  Greek Yoghurt with Peaches	Beans with Toast B Baked Beans with Potato  Fresh Pineapple Fingers	Tuna and Sweetcorn Pasta with Cucumber Sticks B Pasta Bake  Fromage Frais	Open Rolls with Various Fillings  Orange with Raisins

Please make nursery staff aware if your child has any food allergies or intolerances. Our meals may contain milk, wheat, dairy, fish or egg.



V – Vegetarian Option B – Separate Babies Option





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## WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Pitta Bread with Hummus and Carrot	Crackerbread with Tomato and Spring Onion Salsa	Homemade Savoury Popcorn with Fruit Coulis Dip	Fromage Frais with Peaches	Fresh Fruit
Lunch	Salmon Pate on Toast  V Macaroni Cheese with Green Beans	Sausage Plait, Boiled Potatoes and Beans V Vegetable Plait  Banana Bread	Lamb Stew with Dumplings V Lentil Casserole  Fresh Fruit	Fish Fingers with Mashed Potatoes and peas V Vegetarian Fingers  Banana and Custard	Spicy Chicken with Rice V Spicy Vegetables  Apple, Cheese and Crackers
Afternoon Snack	Raisins with Orange Segments	Fresh Fruit	Fruited Bagel with Grape slices	Rice Cakes with Natural Yoghurt and Orange Pieces	Greek Yoghurt with Honey
Afternoon Tea	Chicken, Egg, Cress and Cucumber Sandwiches B Risotto  Greek Yoghurt with Banana	Crumpets with Cheese Slices and Tomato B Macaroni Bake  Natural Yoghurt with Melon	Pizza with Side Salad B Cauliflower Cheese  Fruit Jelly	Vegetable Wraps and Baked Beans B Vegetable Casserole  Fresh Fruit	Muffins with Various Fillings B Vegetable Fingers  Fresh Fruit Smoothie

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## WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Bread Stick with Various Dips	Fresh Fruit	Buttered Bread with Apple	Tortilla Wrap with Tomato Dip and Cucumber Sticks	Rice Cakes with Orange Slices
Lunch	Salmon/Pollock Bake with Cheese Sauce, Boiled Potatoes and Broccoli V Cheese & Potato Bake  Banana and Raisins	Tomato Bruschetta  V Vegetable Risotto	Vegetable Lasagne with Peas V Vegetable Lasagne  Natural Yoghurt with Orange Segments	Chicken Pie with New Potato and Carrots V Quorn Pie  Fresh Fruit	Tuna Bake with Pasta and Side Salad V Vegetable bake  Semolina
Afternoon Snack	Vegetable Couscous	Fromage Frais with Pineapple Chunks	Cheese Chunks with Carrot and Pepper Sticks	Homemade Savoury Popcorn with Fruit Coulis Dip	Buttered Fruit Bread
Afternoon Tea	Homemade Soup with a Wholemeal Roll B Soup  Natural Yoghurt with Fruit	Chicken and Cheese Sandwiches with Side Salad B Sausage Casserole  Peaches and Pears	Jacket Potato with Tuna and Baked Beans B Potato Pie  Fresh Fruit	Hawaiian Pasta Salad B Tuna Bake  Natural Yoghurt with Fruit	Scrambled Eggs with Sweetcorn and Homemade Bread B Lentil Bake  Banana and Pear

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## WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Selection of Fresh Fruit	Pitta Bread with Hummus	Natural Yoghurt with Pineapple	Cracker Bread with Tomato Salsa	Popcorn with Cherry Tomatoes
Lunch	Vegetable Bake with Herb Dumpling ☯☯☯ Semolina with Fruit Coulis	Tuna Pasta with Sweetcorn ✓ Vegetable Pasta ☯☯☯ Apple, Cheese and Crackers	Poppadum and Pickles ☯☯☯ Chicken Curry with Rice With Naan Bread ✓ Potato Curry	Campfire Stew (Sausage) with Bread and Butter ✓ Vegetable Stew ☯☯☯ Natural Yoghurt with Banana	✓ Vegetable Chilli with Rice ☯☯☯ Fresh Fruit
Afternoon Snack	Vegetable Sticks with Tzatziki	Greek Yoghurt with Wholegrain Cereals	Fresh Fruit	Homemade Savoury Popcorn with Apple	Crackers and Soft Cheese with Orange
Afternoon Tea	Tuna and Chilli on Mini Jacket Potatoes B Tuna Pie ☯☯☯ Pineapple Fingers	Beans on Toast B Beans with Bread and Butter ☯☯☯ Fresh Fruit	Vegetable Wraps B Sausage Casserole ☯☯☯ Pear and Peach Slices	Ham or Cheese Pitta Pockets with Side Salad B Lentil Bake ☯☯☯ Grapes, Melon and Plum	Chicken Goujons, Sweetcorn with Mayonnaise Dip and Homemade Bread B Pasta Bake ☯☯☯ Mini Yoghurt

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## WEEK 5

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Pitta Bread with Hummus Dip and Carrot Sticks	Buttered Cracker Bread with Apples Slices	Seasonal Fruit	Breadstick with Tomato Dip and Cucumber Sticks	Blueberry Bagel with Pear Slices
Lunch	Chicken Casserole with New Potatoes V Butter Bean Casserole  Fresh Fruit	V Chick Pea and Spinach Curry with Rice  Fromage Frais	Lamb and Vegetable Cobbler V Vegetable Cobbler  Fruit with Ice Cream	Tuna Pate on Toast  Sweet and Sour Pork with Pasta V Vegetarian Sausage	V Vegetable Fingers with Potatoes and Baked Beans  Rice Pudding with Fresh Fruit Coulis
Afternoon Snack	Popcorn with Mini Tomatoes	Fresh Fruit	Crackerbread with Cucumber Raita	Natural Yogurt with Whole Grain Cereals	Vegetable Sticks with Thousand Island Dip
Afternoon Tea	Scrambled Eggs with English Muffins and Tomato Dip  Peach and Pear	Jacket Potato with Cheese and Ham B Cauliflower Cheese  Melon Boats	Vegetable Pasta Salad B Macaroni Bake  Greek Yoghurt with Grapes	Ham, Egg and Soft Cheese Open Rolls B Tuna Pie  Fresh Fruit	Homemade Soup with a Wholemeal Roll  Fresh Orange Segments

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