






Aplomb

Day Nursery & Preschool

SAMPLE MENU

	Breakfast	Morning Snack		Lunch	Pudding	Afternoon Tea
Monday	Porridge oats with selection of fruit toppings and sunflower seeds	Malt loaf with apple slices		Black eyed bean stew with carrots, celery and crusty bread	Greek yogurt with fresh fruit swirl	Pasta with basil pesto and selection of vegetable sticks and fruit
Tuesday	Croissants, selections of seasonal fruits with Greek yogurt	Breadsticks, Crudites vegetables and hummus		Creamy chicken (or mushroom) and spinach with rice and peas	Homemade rice pudding	Tuna wholemeal bread sandwiches with sweetcorn and selection of fruits
Wednesday	Selection of cereals, Malt loaf and fresh fruit	Bagels with cream cheese and fruit selection		Baked salmon, lemon and herb sauce, couscous and green beans	Natural yogurt with bananas and strawberries	Hummus with pita bread triangles, steamed broccoli and sugar snap peas
Thursday	Buttered crumpets, cheese, tomatoes and selection of fresh and dried fruits	Cream crackers with cheddar cheese, apple & oranges		Beef, carrot and mushroom Spaghetti Bolognese with garlic bread	Homemade Banana bread	Butternut squash soup, breadsticks and fresh fruit
Friday	Selection of cereals, home made banana bread and seasonal berries	Bananas on oatcake crackers		Turkey noodle garlic stir-fry with sugar snap peas and carrots	Exotic fruit platter	Mushroom and tomato omelette, strawberry smoothie

Halal options available

Water is available and encouraged throughout the entire day

