The Orchard Nursery – Two Weekly Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast/Snack	Choice of cereals and a wide selection of Fruits. Breadsticks and rice cakes	Choice of cereals and a wide selection of Fruits. Breadsticks and rice cakes	Choice of cereals and a wide selection of Fruits. Breadsticks and rice cakes	Choice of cereals and a wide selection of Fruits. Breadsticks and rice cakes	Choice of cereals and a wide selection of Fruits. Breadsticks and rice cakes
		Milk	Milk	Milk	Milk	Milk
WEEK ONE 	Lunch	Fish cakes, new potatoes and carrots, peas and sweetcorn	Chicken vegetable and lentil curry with rice and poppadum's	Tuna and sweetcorn pasta with garlic bread	Chicken and vegetable casserole with mini roast potatoes and broccoli	Jacket potatoes, mixed beans, peas and cheese
		Water	Water	Water	Water	Water
	Dessert	Natural yogurt and fruit	Low sugar Jelly	Watermelon slices	Choice of fruit	Homemade raspberry Cake
	Vegetarian Option	Mozzarella, mushroom and spinach bakes	Quorn and vegetable curry	Quorn and sweetcorn pasta	Quorn and vegetable casserole	
	Tea	Sandwiches on brown bread with ham, cheese, marmite or cheese spread	Selection of crackers with cheese, marmite or pate	Wraps with ham, cheese, marmite or cheese spread	Toast with a selection of toppings, cheese, marmite, cheese spread, pate	Bagels with a selection of toppings, cheese, marmite and pate.
		Water	Water	Water	Water	Water
		Carrot sticks and peppers	Cucumber and peppers	Grapes and raspberries	Cucumber and carrot sticks	Sliced bananas and blueberries
		Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast/Snack	Choice of cereals and a wide selection of Fruits. Breadsticks and rice cakes	Choice of cereals and a wide selection of Fruits. Breadsticks and rice cakes	Choice of cereals and a wide selection of Fruits. Breadsticks and rice cakes	Choice of cereals and a wide selection of Fruits. Breadsticks and rice cakes	Choice of cereals and a wide selection of Fruits. Breadsticks and rice cakes
		Milk	Milk	Milk	Milk	Milk
WEEK TWO 	Lunch	Spanish chicken pasta with tomatoes, peppers, spinach and garlic bread	Chilli con carnie, kidney beans, rice, spinach and tortillas	Roast chicken, vegetables, Yorkshire puddings and potatoes	Pizza slice with ham and cheese, herby potatoes with cucumber and peppers	Fish fingers, broccoli and potatoes.
		Water	Water	Water	Water	Water
	Dessert	Natural yogurt and fruit	Low sugar Jelly	Melon slices	Choice of fruit	Homemade Banana cake
	Vegetarian Option	Spanish Quorn pasta	Quorn Chilli con carnie	Quorn roast	Margarita pizza	Vegetable fingers
	Tea	Wraps with ham, cheese, marmite or cheese spread	Sandwiches on brown bread with ham, cheese, marmite or cheese spread	Selection of crackers with cheese, marmite or pate	Crumpets with a selection of toppings, cheese, marmite and pate	Toast with a selection of toppings, cheese, marmite, cheese spread, pate
		Water	Water	Water	Water	Water
		Cucumber and peppers	Grapes and raspberries	Carrot sticks and peppers	Sliced bananas and blueberries	Cucumber and carrot sticks

This menu adheres to the EYFS Nutrition Guidance and incorporates at least 5 portions of fruit and vegetables per day.
Breakfast and fruit are served from 8am-10am and is a selection of cereals (Weetabix, Rice Krispies, Cheerio's or Cornflakes) and wide selection of fruit, bread sticks and rice cakes.
Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs.
Foods are an appropriate texture for infants' age (eg pureed, mashed, lumpy, chopped or finger foods)