

# Heathcote House Nursery

## SAMPLE WEEKLY MENU

Day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Pear & Malted Milk Biscuit	Banana & Digestive Biscuit	Cheese & Cucumber Wedges	Orange Pieces & Breadstick	Apple Wedges & Mixed Dried Fruit
<b>Lunch</b>	Quiche, Sweet corn, Courgettes  Apple Cobbler & Custard	Lasagne, Green Beans  Fruit Trifle	Fisherman's Pie Mixed Vegetables  Fruit Crumble & Custard	Savoury Sausage Pie, Broccoli, Carrots  Fresh Fruit Medley	Chicken & Mushroom Casserole with rice  Fruit Sponge & Custard
<b>Afternoon Snack</b>	Marmite Crackers & Celery	Apple Wedges & Nectarines	Hummus & Pitta Bread	Chicken Pate Toasties	Celery and Cheese Spread
<b>Tea</b>	Crudités: Tomato Wedges Tuna/Sweetcorn Pasta  Fresh Fruit	Crudités: Broccoli Savoury Muffins  Fromage Frais	Crudités : Celery & Grapes Sausage Roll & Spaghetti  Fresh Fruit	Crudités: Red Pepper Eggy Bread  Yoghurt	Crudités: Carrot Sticks Boiled Egg & Toast  Satsumas

Note: An alternative will be prepared separately for children with medical conditions