

Sample Menu 2018

Heirs & Graces
Day Nursery

		Week 1	Week 2	Week 3	Week 4
Monday	L	Macaroni Cheese Yoghurt & Fruit	Turkey & Broccoli Bake Banana Custard	Chilli & Rice Yoghurt & Fruit	Herby Chicken Stew & Dumplings Shortbread
	T	Tuna, Cucumber & Bread Cups Oatmeal Cookies	French Bread Pizza Yoghurt & Fruit	Soup Apple Crumble	Pilchard/Salmon Pasta Salad Yoghurt & Fruit
Tuesday	L	Roast Chicken Yoghurt & Fruit	Sausage & Mash Yoghurt & Fruit	Macaroni Cheese Yoghurt & Fruit	Spaghetti Bolognese Cake
	T	Pitta, Hummus, Carrot & Cucumber Brownies	Couscous Salad Pineapple Upside Down Cake	Fruit Scones Blancmange	Sandwiches Yoghurt & Fruit
Wednesday	L	Lasagne Yoghurt & Fruit	Roasted Ham & Cauliflower Cheese Yoghurt & Fruit	Chicken & Bacon Risotto Yoghurt & Fruit	Lancashire Hot Pot Fruit Salad
	T	Chicken Soup Semolina	Salmon Pasta Salad Blueberry Muffin	Pizza Bagels Jelly	Crumpet & Cheese Yoghurt & Fruit
Thursday	L	Sausage Casserole Yoghurt & Fruit	Chick Pea & Vegetable Curry Yoghurt & Fruit	Toad in the Hole Yoghurt & Fruit	Broccoli & Lentil Pasta Jam Tart
	T	Crumpets & Cheese Apple Tart	Sandwiches Shortbread	Pitta, Hummus, Cucumber, Carrot Ginger Biscuits	Soup Yoghurt & Fruit
Friday	L	Smoked Haddock Risotto Cake	Lasagne Flapjack	Fish Pie Fruit Salad	Fish Cakes Yoghurt & Fruit
	T	Potato Skins Yoghurt & Fruit	Cheese Scones Yoghurt & Fruit	Quiche Yoghurt & Fruit	Pizza Bagels Jelly

01442 891818

www.heirsandgracesdaynursery.co.uk