

My Little Kingdom Day Nursery Autumn / Winter Menu (September to March)

😊 Please Note - All meals, including our yummy desserts are homemade by our fabulous cook Zoe and made with a reduced sugar content
Zoe adds in hidden veggies to all recipes 😊

Breakfast will be a variety of Cereals, Toast, Crumpets, Bagels and Fruit / Snack will be a variety of seasonal fruit and vegetables, breadsticks, and crackers

Week 1 - 11th Oct / 1st Nov / 22nd Nov / 13th Dec / 10th Jan / 31st Jan / 21st Feb / 14th Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Chicken Dinner with Mash and Veggies Bananas and Custard	Vegetable Chilli with Brown Rice and Corn Bread Strawberry Ice Cream	Spinach and Pea Pesto Pasta with Broccoli and Garlic Bread Courgette and Chocolate Brownie	Beef Mince and Dumpling with Peas Yoghurt and Seasonal Fruit	Fish Fingers, Chunky Chips and Peas Rock Bun
Tea	Cheese and Tomato Muffin with Veg sticks Seasonal Fruit	Herby Savoury Scone with Cheese and Apple Wedges Seasonal Fruit	Sandwich Selection with Veg Sticks Seasonal Fruit	Cheese and Crackers with Veg Sticks Seasonal Fruit	Pepperoni Puff Pastry Pizza with Veg Sticks Seasonal Fruit

Week 2 - 27th Sep / 18th Oct / 8th Nov / 29th Nov / 20th Dec / 17th Jan / 7th Feb / 28th Feb / 21st Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Fruity Chicken Curry and Brown Rice Fruity Flapjack	Beef Shepherds Pie and Mixed Veggies Banana Cake	Fish Fingers, Chunky Chips and Peas Bananas and Custard	Vegetable Lasagne with Garlic Bread Rock Bun	Ratatouille Pasta Bake with Hidden Veggies Banana Ice Cream
Tea	Herby Savoury Scone with Cheese and Apple Wedges Seasonal Fruit	Pitta with Cream Cheese and Veg Sticks Seasonal Fruit	Cheese and Pepper Puff Pastry Pizza with Veg Sticks Seasonal Fruit	Sandwich Selection with Veg Sticks Seasonal Fruit	Cheese and Crackers with Veg Sticks Seasonal Fruit

Week 3 - 4th Oct / 25th Oct / 15th Nov / 6th Dec / 3rd Jan / 24th Jan / 14th Feb / 7th Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Fish Cakes with Potato Wedges and Sweetcorn Lemon and Coconut Cupcakes	Tuna, Tomato and Mascarpone Pasta Bake Rice Pudding	Sausage and Mash with Veggies and Gravy Cranberry and Coconut Cookies	Vegetable and Barley Casserole with Herby Scone Strawberry Ice Cream	Chicken Dinner with Mash and Veggies Fruity Jelly
Tea	Sandwich Selection with Veg Sticks Seasonal Fruit	Cheese and Ham Puff Pastry Pizza with Veg Sticks Seasonal Fruit	Cheese and Herb Savoury Scone with Cheese and Apple Wedges Seasonal Fruit	Pitta with Hummus and Veg Sticks Seasonal Fruit	Cheese and Ham Muffin with Veg Sticks Seasonal Fruit

