

Winter Menu Week 1

At Brambly Hedge Day Nursery, we ensure that we offer a nutritious and varied diet. We ensure that individual dietary requirements are catered for by providing an alternative. Our nursery menu aims to ensure children have a balanced, healthy and nutritious diet. All food is freshly prepared. We do not add salt to any of our meals. Our menu includes fresh fruit and servings of vegetables on a daily basis. A vegetarian option is available if required. Seasonal variations for fruit and vegetables may be occasionally substituted as required.

*Babies' Meals - Wherever possible meals served to our older children will be specially adapted to meet the individual requirements of each baby (i.e. chopped, mashed or blended). For our youngest babies who are weaning we will provide freshly prepared and pureed potato, vegetables and fruit. * Denotes special options/variations for babies.*

Day	Breakfast	Lunch	Tea
Monday	Cereal with dried fruit	Cheesy Bean Pie Fromage Frais	Spaghetti on Toast Kiwi fruit
Tuesday	Toast with slice banana	Chicken curry with rice and naan bread. Fresh fruit salad	Egg / Cheese Sandwiches with savoury snacks
Wednesday	Cereal with dried fruit	Cottage Pie with fresh carrots and peas Chocolate sponge and custard	Ham sandwiches Apple slices Soft fruit for babies
Thursday	Toast	Homemade lasagne with broccoli and garlic bread. Homemade biscuits.	Scones and melon chunks.
Friday	Cereal	Beef Stew and Yorkshire Puddings. Homemade apple pie and ice cream	Homemade pizza Grapes

Where the menu stipulates 'cereal' – this will be a choice of: shreddies, weetabix, ready brek, cornflakes, rice crispies or cheerios.

Winter Menu Week 2

<i>At Brambly Hedge Day Nursery, we ensure that we offer a nutritious and varied diet. We ensure that individual dietary requirements are catered for by providing an alternative.</i>			
Day	Breakfast	Lunch	Tea
Monday	Toast with pear slices	Fish fingers, mashed potato and mushy peas Ice Cream	Cheese Sandwiches Melon
Tuesday	Cereals with dried fruit	Spaghetti Bolognese with garlic bread. Apple crumble and custard	Soup of the day and bread roll Grapes
Wednesday	Toast with melon pieces	Italian chicken with rice. Homemade bun	Scones with sliced banana
Thursday	Cereals with dried fruit	Quiche with boiled potatoes and beans. Fresh fruit salad	Ham Sandwiches with savoury snacks
Friday	Toast with orange segments	Shepherd's pie with carrots and peas Fromage Frais Yoghurt	Ravioli Dried fruit
Where the menu stipulates 'cereal' – this will be a choice of: shreddie's, weetabix, ready brek, cornflakes, rice crispies or cheerios.			

Winter Menu Week 3

At Brambly Hedge Day Nursery, we ensure that we offer a nutritious and varied diet. We ensure that individual dietary requirements are catered for by providing an alternative.

Day	Breakfast	Lunch	Tea
Monday	Cereal with dried fruit	Tomato pasta bake with Garlic Bread Fresh fruit salad	Beans with toast soldiers Homemade biscuits
Tuesday	Toast with kiwi fruit slices	Homemade pizza with boiled potatoes and beans. Rocky Road	Open ham sandwiches Banana slices
Wednesday	Cereal with dried fruit	Sweet and Sour Chicken with boiled rice Homemade flapjack	Cheese Spread Sandwiches Apple slices
Thursday	Toast with pear slices	Chilli with jacket potatoes. Chocolate crispy bun	Soup of the day with bread roll Orange segments
Friday	Cereal with dried fruit	Corned Beef pie with mashed potato and vegetables. Upside down pineapple cake with custard	Egg / cheese spread sandwiches Melon chunks

Where the menu stipulates 'cereal' – this will be a choice of: shreddies, weetabix, ready brek, cornflakes, rice crispies or cheerios.