

Hipperholme & Lightcliffe Day Nurseries Ltd Summer/Autumn Menu 2018

Week 1	Breakfast	Snack	Lunch	Lunch Dessert	Snack	Tea	Tea Dessert
Monday	Hot & cold cereals with chopped fruit	Oatcakes with soft cheese & fruit	Pasta dish	Apple & sultana flapjack with yoghurt (for dipping)	Pitta bread fingers, tuna pate dip with fruit chunks	Jacket potato with tuna & sweetcorn	Fruit with yoghurt
Tuesday	Wholemeal toast with preserves & chopped fruit Or Hot & cold cereals with dried fruit	Mini soft cheese and pineapple sandwiches	Chicken Curry with brown rice	Bananas & custard	Wholemeal toast fingers, yoghurt (for dipping) and fruit slices	Soup with wholegrain bread	Sponge with custard
Wednesday	Wholemeal toast with preserves & chopped fruit Or Hot & cold cereals with dried fruit	Grapes with yoghurt	Spaghetti dish	Rice pudding with sultanas	Brown bread with soft cheese and carrot sticks	Vegetable Rice	Sponge cake
Thursday	Hot & cold cereals with dried fruit	Breadsticks with guacamole and cucumber & pepper sticks	Turkey with pasta	Peaches with custard	Oatcakes, cottage cheese and apple chunks	Spanish omelette with salad	Jelly with fruit pieces
Friday	Crumpets with melon & orange	Cream crackers with soft cheese & cucumber	Salmon & white fish pie with vegetables	Sponge cake	Pancakes with fruit	Selection of sandwiches	Fruit crumble with custard

NB Milk is available at snack & meal times and water throughout the day



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Week 2	Breakfast	Snack	Lunch	Lunch Dessert	Snack	Tea	Tea Dessert
Monday	Hot & cold cereals with dried fruit	Oatcakes with soft cheese & fruit	Cheesy pasta with vegetables	Apple & sultana flapjack with yoghurt (for dipping)	Pitta bread fingers, tuna pate dip with fruit chunks	Soup with wholegrain bread	Fruit with yoghurt
Tuesday	Wholemeal toast with preserves & chopped fruit Or Hot & cold cereals with dried fruit	Cream crackers with soft cheese, & cucumber	Salmon & white fish pie with vegetables	Sponge cake	Pancakes with fruit	Selection of sandwiches	Fruit crumble with custard
Wednesday	Hot & cold cereals with dried fruit	Mini soft cheese and pineapple sandwiches	Chicken Curry with brown rice	Bananas & custard	Wholemeal toast fingers, yoghurt (for dipping) and fruit slices	Spanish omelette with salad	Sponge with custard
Thursday	Crumpets with melon & orange	Grapes with yoghurt	Cottage pie with vegetables	Rice pudding with sultanas	Brown bread with soft cheese and carrot sticks	Sausage pasta	Sponge cake
Friday	Hot & cold cereals with chopped fruit	Breadsticks with guacamole and cucumber & pepper sticks	Turkey pasta	Peaches with custard	Oatcakes, cottage cheese and apple chunks	Jacket potato with tuna & sweetcorn	Jelly with fruit pieces

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Week 3	Breakfast	Snack	Lunch	Lunch Dessert	Snack	Tea	Tea Dessert
Monday	Hot & cold cereal with dried fruit	Breadsticks with guacamole and cucumber & pepper sticks	Beef casserole	Peaches and custard	Oatcakes, cottage cheese and apple chunks	Spanish omelette with salad	Sponge cake
Tuesday	Crumpets with melon & orange	Cream crackers with soft cheese & cucumber	Salmon & white fish pie with vegetables	Sponge cake	Pancakes with fruit	Selection of sandwiches	Fruit crumble with custard
Wednesday	Hot & cold cereals with chopped fruit	Oatcakes with soft cheese & fruit	Pasta dish	Apple & sultana flapjack with yoghurt (for dipping)	Pitta bread fingers, tuna pate dip with fruit chunks	Soup with wholegrain bread	Fruit with yoghurt
Thursday	Crumpets with melon & orange	Mini soft cheese and pineapple sandwiches	Chicken Curry with brown rice	Bananas & custard	Wholemeal toast fingers, yoghurt (for dipping) and fruit slices	Jacket potato with tuna & sweetcorn	Sponge with custard
Friday	Wholemeal toast with preserves & chopped fruit Or Hot & cold cereals with dried fruit	Grapes with yoghurt	Lasagne with garlic bread	Rice pudding with fruit	Brown bread with soft cheese and carrot sticks	Ham and salad wraps	Jelly with fruit pieces

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