

# Little Friends Nursery



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 8:00AM	-Various Cereal(Rice Krispie, Cornflakes, Honey/Multigrain Cheerio's, Weetabix) - Toast with chosen spread(Fruit conserve) - Porridge - Milk - Water				
Snack 10:00AM	-Mixed Fruit -Crackers & Breadstick - Vegetables Stick -Milk -Water				
Lunch 12:00PM	Buttermilk-Brined Southern Fried Chicken with Steamed Vegetables	Broccoli Cauliflower Cheddar Grilled Chicken Casserole	Stir Fried Vegetable Noodles	Sausage with Mashed Potatoes and Steamed Vegetables	Classic British Fish and Chips with Baked Beans
Dessert	Fruit Yoghurt	Rice Pudding	Fruit Salad	Strawberry Jelly	Natural Yoghurt with Selection of Fruits (Strawberry, Banana, Blueberry)
Snack 2:30PM	-Mixed Fruit -Crackers & Breadstick - Vegetables Stick -Milk -Water				
Tea Time 4:00PM	Roasted Vegetable Couscous	Cheesy Mashed Potato and Bean Bake	Herby Fish Fingers with Long Grain Rice	Hummus with Bread Stick and with various vegetables (carrot, cucumber, tomato)	Olive Oil Garlic Bread Toast with Italian Herbs

\*ALL FOOD PROVIDED IS HALAL AND NUT FREE.\*

\*VEGETARIAN OPTIONS ARE AVAILABLE BY REQUEST\*