

Little Friends Nursery



WEEK 1	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	Lasagne with Italian Chopped Salad	Chicken Paella with Jasmine Rice	Homemade Cheese, Margherita, Pepperoni Pizza with Salad	Brazilian Fried Chicken	Fish Cake and Fish Fingers with Chips
Dessert	Fruit Yoghurt	Sponge Cake with Vanilla Custard Sauce	Rice Pudding	Natural Yoghurt with Selection of Fruits (Strawberry, Banana, Blueberry)	Angel Delight
Snack 2:30PM	-Mixed Fruit -Crackers & Breadstick - Vegetables Stick -Milk -Water				
Tea Time 4:00PM	Chees Omllet with Beans	Creamy Baked Mac and Cheese	Hummus with Bread Stick and with various vegetables (carrot, cucumber, tomato)	Tuna Sandwich with Greek Salad	Pancake with Various Fruits(banana, strawberry, blueberry) Golden Sirup

ALL FOOD PROVIDED IS HALAL AND NUT FREE.

* VEGETARIAN OPTIONS ARE AVAILABLE BY REQUEST*