

# Cotton Buddies Nursery Menu

Breakfast: is served between 8am to 8.30am. this includes a choice cereal with cold milk
AM snack: is served between 10am to 11am. This includes fruit, breadsticks, crackers, biscuits milk and water.
Lunch: is served between 11.30am to 12.30pm
PM snack: is served between 2pm to 3pm. This includes fruit, breadsticks, crackers, biscuits milk and water.
Tea: is served between 4pm and 4.30pm

Lunch Menu	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	Pork/quorn toad in the hole, peas & gravy  Fruit yogurt	Vegetable pasta bake with cheese  Muffins	Fish/veg fingers, spaghetti hoops, potato wedges  Rice pudding	Roast chicken/quorn with roast potatoes, carrots, Yorkshire pudding and gravy  Tinned peaches	Jacket potatoes Baked beans, grated cheese  Sponge cake and custard
<b>Week 2</b>	Chicken casserole with dumplings  Mousse	Quorn/lamb pasta bolognaise with vegetables  Oatmeal flapjacks	Pork/vegetable balls with plain boiled rice  Apple crumble with custard	Pasta with vegetables and tomato  Fromage fraie	Beef/vegetable burgers Wedges, baked beans  Custard and banana
<b>Week 3</b>	Stir-fry Noodles and vegetables  Sponge cake and custard	Vegetable Bean Chilli with garlic bread  Rice pudding	Fish fingers, mashed potatoes & peas  Angel delight	Jacket potatoes Baked beans, grated cheese  Apple crumble with custard	Chicken and potato curry with nan bread  Greek yoghurt & fruit
<b>Week 4</b>	Chicken/quorn sweet & sour with boiled rice  Apple crumble with custard	Fish/veg cakes Wedges, peas  Fruit jelly	Lamb shepherds pie with mixed vegetables and gravy  Chocolate cake and custard	Vegetable pasta bake with cheese  Fruit Yogurt	Pork/quorn Sausage, mash potatoes, garden peas, gravy  Shortbread biscuit

Teatime Menu	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	Margarita Pizza slice	Mixed Sandwiches made by children	Crumpets and lemon curd	Baked beans on toast	Hot dogs with cucumber sticks
<b>Week 2</b>	Toast with jam	Spaghetti hoops on toast	Mixed Sandwiches made by children	Sausage/Cheese and onion rolls	Crumpet with cheese & apple slices
<b>Week 3</b>	Scrambled egg on toast	Warm soup & bread/roll	Mini pizzas	Mixed Sandwiches made by children	Toasted tea cakes
<b>Week 4</b>	Waffles and baked beans	Toast and jam	Bagels with cream cheese	Crumpets with lemon curd/jam	Beans on toast

Water is available throughout the day and milk is available at snack times. Fresh fruit is always available as an alternative to pudding. A vegetarian option is provided for children who do not eat meat or fish.