

## Healthy Eating Menu - Week 4 MPWOT



Healthy Eating	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast 8:am-8:45am</b>	Selection of cereal, porridge, toast or fruit with milk or water	Selection of cereal, porridge, toast or fruit with milk or water	Selection of cereal, porridge, toast or fruit with milk or water	Selection of cereal, porridge, toast or fruit with milk or water	Selection of cereal, porridge, toast or fruit with milk or water
<b>Mid-Morning Snack with Milk and Water 10:00am</b>	Rice cakes with Philadelphia cheese spread and carrot sticks	Fruit salad	Breadsticks with humous and cucumber sticks	Fresh fruit platter	Cream crackers with Dairylea cheese spread and red peppers
<b>Lunch - Hot Meal 11:30am</b>	Lamb tagine with dried apricots, butternut squash and couscous	Mixed vegetable and potato curry with steamed rice	Roast chicken, potatoes, carrots, brussel sprouts with gravy	Red lentils with vegetables and peas pilau rice	Turkey Bolognese pasta bake
<b>Pudding</b>	Chopped banana and fresh cream	Strawberry yoghurt	Fruit salad with natural yoghurt	Apples and pears	Flavoured yoghurt
<b>Mid-Afternoon Snack With Milk and Water 2:00-2:30pm</b>	Breadsticks with humous	Cream crackers with butter and chunks of cheese	Rice cakes with Philadelphia cheese spread	Pitta bread /carrot sticks with humous	Breadsticks and chunks of cheese
<b>Tea - Hot Meal 4:00pm</b>	Sweet potato and lentil soup with Nan bread	Pasta with pesto and fresh herbs	Stir fry noodles with mixed vegetables	Tuna and sweetcorn pasta bake	Chickpeas, cannellini beans, potatoes casserole with toasted bread
<b>Pudding</b>	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit

At our nursery, we ensure that children get all seven essential nutrients that form a balanced diet i.e. carbohydrates, proteins, fats, fibres, vitamins, minerals and water.

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