

At First Steps Day Nursery all meals are freshly prepared on the premises each day.

Breakfast: 9.00am will alternate between: white wholemeal or granary toast and milk or water to drink.

Week 1	Lunch 11.30/12.00	Snack 3.00/3.30
Monday	Chicken Casserole Diced chicken with mixed vegetables and potatoes Natural yoghurt and fresh banana	Sardines on granary toast with Cucumber Sticks Fresh fruit apples, oranges, banana and pears
Tuesday	Spaghetti Bolognese with mixed vegetables Vanilla ice cream with a fresh raspberry sauce (Pear Puree for Under 1's)	Leek and potato soup with lentils and wholemeal or white bread Fresh fruit Carrot sticks
Wednesday	Vegetable Moussaka (made with chick peas and pasta) Raisin sponge cake and custard (Banana and Custard for Under 1's)	Pitta pockets filled with fish pate Fresh fruit oranges, apples, pears and bananas Cucumber and carrot sticks
Thursday	Chicken and vegetable pie with new potatoes Jelly (no added sugar) and fresh fruit pear and mandarin	Cheese on crackers with cucumber and carrot sticks Fresh fruit

At First Steps Day Nursery all meals are freshly prepared on the premises each day.

Friday	Fish Pie (Cod or white Fish) with vegetables Banana and custard (Mango Puree for under 1's)	Baked beans on toast wholemeal or white bread Cucumber sticks Fresh fruit
Breakfast: 9.00am will alternate between: white wholemeal or granary toast and milk or water to drink.		
Week 2	Lunch 11.30/12.00	Snack 3.00/3.30
Monday	Jacket potato filled with chilli con carne Pancakes with fresh fruit	Cream of vegetable soup with lentils wholemeal or white bread Fresh fruit apples, banana, oranges
Tuesday	Chicken and leek Risotto Natural yoghurt with pears	Salmon on cracker bread Fresh fruit banana, pears and oranges Cucumber sticks
Wednesday	Macaroni cheese with peas Fruit trifle (Apple puree with natural yoghurt for under 1's)	Ham salad wraps with salsa Cucumber and carrot sticks Fresh fruit oranges, apples and pears

At First Steps Day Nursery all meals are freshly prepared on the premises each day.

Thursday	Chicken and vegetable curry with rice or pasta Flapjack made with honey and raisins	Hummus with Carrot and cucumber sticks and bread sticks Fresh fruits: apples, oranges and pears
Friday	Tomato Pasta Bake with Peas Apple crumble and custard	Cheese on toast wholemeal or white bread with tomatoes and peppers Fresh fruit

Breakfast: 9.00am will alternate between: white wholemeal or granary toast and milk or water to drink.

Week 3	Lunch 11.30/12.00	Snack 3.00/3.30
Monday	Beef noodle casserole Pineapple upside down pudding (Fruit salad Puree for under 1's)	Chicken salad tortilla wraps Fresh fruit apple, pears and banana Cucumber sticks
Tuesday	Turkey supreme, mashed potatoes and vegetables Apple Cornflake Cake (Made with Honey)	Cheese on crackers Cucumber and carrot sticks Fresh fruit apples and bananas

At First Steps Day Nursery all meals are freshly prepared on the premises each day.

Wednesday	Diced beef hotpot (with potatoes) Vanilla Ice Cream with peaches (Peach puree for under 1's)	Salmon Sandwiches on Wholemeal or white bread Fresh Fruits and Cucumber
Thursday	Sweet and sour chicken with pasta Home made banana muffins (Melon Puree for under 1's)	Toasted crumpets with grated cheese Cucumber and carrot sticks Fresh fruit peaches and apples
Friday	Vegetable goulash with potatoes (made with lentils) Rice pudding with fruit	Pea and lentil soup with wholemeal or granary bread Fresh fruit oranges and pears

Breakfast: 9.00am will alternate between: white wholemeal or granary toast and milk or water to drink.

Week 4	Lunch 11.30/12.00	Snack 3.00/3.30
Monday	Shepherd's pie with mixed vegetables Fruit Flan	Salmon based pizza (topping will vary) Fresh fruit apples, pears and bananas
Tuesday	Vegetable casserole with lentils and new potatoes Chocolate Brownies (Low sugar)	Chicken salad tortilla wraps Cucumber and carrot sticks Fresh fruit oranges, apples and pears

At First Steps Day Nursery all meals are freshly prepared on the premises each day.

Wednesday	Lasagne with salad (meat / vegetables) Fruit salad	Carrot and onion soup with lentils wholemeal or white bread Cucumber sticks Fresh fruit apples and pears
Thursday	Tuna pasta bake with sweet corn Strawberry Fluff	Cheese on toast with tomatoes Fresh fruit bananas and apples Carrot sticks
Friday	Sausage and mixed bean hotpot with potatoes Fruit cake (Egg Free)	Scones with cheese Fresh fruit apples and pears Cucumber and carrot sticks