

Minibugs Nurseries Ltd Summer menu 2020 - Week 1

Menu No	Breakfast <i>Served between 7:30am and 8:45am</i>	Morning Snack <i>Served at 9:30am</i>	Children's Menu – Lunch <i>Served at 12pm</i>	Vegetarian Option	Pudding	Mid Afternoon Snack <i>Served between 2pm and 2:30pm</i>	Children's Menu – Tea <i>Served at 5pm and followed by Greek Yoghurt or fruit</i>	Vegetarian Option
Monday	Choice of cereals that include Weetabix, Rice Crispies and Shreddies . All served with either Soya or Cow's Milk and dried mixed fruit .	Free flow snack will operate between 9.30am and 10.00am within the 0-2 and 2-5 rooms. For snack, there is a choice of toast, crumpet, muffin or crackers served with butter, fish pate, Houmous or cream cheese with fruit and a choice of water, soya or cow's milk to drink.	Spaghetti and homemade bolognaise sauce with beef mince and served with mixed vegetables	Spaghetti and homemade Quorn bolognaise made with Quorn mince and served with mixed vegetables	Homemade Blueberry Muffins with custard	Free flow snack will operate between 2.pm and 2.30pm within the 0-2 and 2-5 rooms. For snack, there is a choice of toast, crumpet, muffin or crackers served with butter, fish pate, Houmous or cream cheese with fruit and a choice of water, soya or cow's milk to drink.	Jacket potatoes with Beans and Side salad	Same as main menu
Tuesday			Sausage, Mash and Gravy served with carrots and peas	Quorn Sausage, Mash and Gravy served with carrots and peas	Lemon Cheesecake		Tortilla triangles and egg salad	Same as main menu
Wednesday			Chilli con Carne with Rice and Mixed vegetables	Quorn chilli with Rice and mixed vegetables	Homemade Carrot Cake		A Selection of Sandwiches (Ham, Tuna, Egg, Cheese) with vegetable batons	A selection of Sandwiches (Egg, or cheese) with vegetable batons
Thursday			Fish Pie topped with mashed potatoes and served with green beans	Quorn Pie with Mixed vegetables	Orange mousse with orange pieces.		Warm Bacon, Lettuce and Tomato pasta salad	Warm lettuce and tomato pasta salad
Friday			Chicken curry with Mixed vegetables and Rice	Quorn curry with Mixed vegetables and Rice	Oat and Apricot Clusters		Tomato, cheese and ham Quiche served with warm potato salad	Tomato and cheese quiche served with warm potato salad

#The Items in **bold** are potential allergens that need to be considered when catering for all children and staff. Please refer to allergens chart on wall in kitchen for reference.

*For Lunch & Tea - Please see the daily menu for details of meals provided, fruit is served after lunch and all dietary needs are catered for and alternative ingredients will be used to ensure these needs are met. However, children will still be served a dish that is similar in appearance to the main children's menu. All children are offered a drink of fresh water at lunchtime in an age appropriate cup.

**Menu for 9 months +

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Monday	Choice of cereals that include Weetabix, Rice Crispies and Shredded wheat . All served with either Soya or Cow's Milk	Free flow snack will operate between 9.30am and 10.00am within the 0-2 and 2-5 rooms. For snack, there is a choice of toast, crumpet, muffin or crackers served with butter, fish pate, Houmous or cream cheese with fruit and a choice of water, soya or cow's milk to drink.	Cottage Pie with mixed Vegetables	Quorn cottage pie with Mixed vegetables	Homemade Banana Bread	Free flow snack will operate between 2.pm and 2.30am within the 0-2 and 2-5 rooms. For snack, there is a choice of toast, crumpet, muffin or crackers served with butter, fish pate, Houmous or cream cheese with fruit and a choice of water, soya or cow's milk to drink.	Beans on Toast	Same as main menu
Tuesday			Mushroom and Bacon Cheesy pasta bake, with sweetcorn.	Mushroom and Quorn Cheesy pasta bake, with sweetcorn.	Melon slices served with Home made Short bread biscuits		Homemade Pizza with Homemade tomato, lentil and vegetable sauce with Cheese and tomato, served with carrot and cucumber batons	Same as main menu
Wednesday			Chicken and Vegetable Jambalaya (Chicken and vegetables served with rice in a tomato sauce)	Quorn and Vegetable Jambalaya (Quorn and vegetables served with rice in a tomato sauce)	Apple and Pear crumble and custard.		Selection of wraps with carrot and cucumber batons (Choice of egg, tuna, or cheese)	Same as main menu
Thursday			Roast Chicken with Potatoes, winter vegetables and Gravy	Roast Quorn with Potatoes, winter vegetables and Gravy	Rice Pudding with Berry compote		Vegetable frittata and beans	Same as main menu
Friday			Vegetable and mixed beans pasta bake	Vegetable and mixed beans pasta bake	Apple and oat Cookies		Butternut squash and lentil soup	Same as main menu

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