

## Minibugs Nurseries Ltd Summer Menu

| <b>Week 1 Menu</b> | <b>Breakfast</b><br><i>Served between 7:30am and 8:45am</i>  | <b>Morning Snack</b><br><i>Served at 9:30am</i>   | <b>Children's Menu – Lunch</b><br><br><b>Served at 12pm</b> | <b>Vegetarian Option</b>                          | <b>Pudding</b>                                | <b>Mid Afternoon Snack</b><br><br><i>Served between 2pm and 2:30pm</i>  | <b>Children's Menu – Tea</b><br><br><i>Served at 5pm and followed by Greek Yoghurt or fruit</i> | <b>Vegetarian Option</b>            |
|--------------------|--|---|---|---|---|---|---|-------------------------------------|
| <b>Monday</b>      | Choice of cereals that include Weetabix, Rice Crispies and Shreddies, with raisins and sliced banana.<br><br>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 houmous/soft cheese/fish pate, fruit and a choice of water, soya or cow's milk to drink. | Jacket potatoes with chilli con carne                       | Jacket potatoes with Quorn chilli con carne       | Fresh summer fruit salad                      | Free flow snack will operate between 2.30pm and 3.00pm within the 0-2 and 2-5 rooms. For snack, there is a choice of toast, crumpet, muffin or crackers served with fruit and a choice of water, soya or cow's milk to drink. | Beans on toast<br>With carrot and cucumber sticks   | Same as main menu                   |
| <b>Tuesday</b>     |  |   | Bacon and egg tart with potatoes and salad                  | Vegetable and lentil tart with potatoes and salad | Frozen mixed berry yoghurt                    |   | Mediterranean vegetable cous cous with butter beans   | Same as main menu                   |
| <b>Wednesday</b>   |  |   | Thai green curry with rice                                  | Thai green curry with rice                        | Apple and Pear Crumble                        |   | Tuna and cheese melts with carrot and cucumber batons   | Same as main menu                   |
| <b>Thursday</b>    |  |   | Spaghetti bolognese with hidden vegetables                  | Quorn bolognese with hidden vegetables            | Lemon drizzle cake with fresh orange segments |   | Tomato tuna pasta bake with vegetables  | Same as main menu                   |
| <b>Friday</b>      |  |   | Homemade burgers, with potato wedges and salad              | Vegetable burgers, with potato wedges and salad   | Bananas and custard                           |   | Creamy chicken and vegetable pasta bake   | Vegetable and mixed bean pasta bake |

\*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 +

## Minibugs Nurseries Ltd Summer Menu

| <b>Week 2 menu</b> | <b>Breakfast</b><br><i>Served between 7:30am and 8:45am</i>   | <b>Morning Snack</b><br><i>Served at 9:30am</i>  | <b>Children's Menu – Lunch</b><br><br><b>Served at 12pm</b> | <b>Vegetarian Option</b>                          | <b>Pudding</b>              | <b>Mid Afternoon Snack</b><br><br><i>Served between 2.30pm and 3.00pm</i>   | <b>Children's Menu – Tea</b><br><br><i>Served at 5pm and followed by Greek Yoghurt or fruit</i> | <b>Vegetarian Option</b> |
|--------------------|---|--|---|---|-----------------------------|---|---|--------------------------|
| <b>Monday</b>      | Choice of cereals that include Weetabix, Rice krispies and Shreddies, with raisins or sliced banana.<br><br>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, soft cheese/houmous/fish pate, fruit and a choice of water, soya or cow's milk to drink. | Butternut squash and pearl barley risotto                   | Same as main menu                                 | Banana buns                 | Free flow snack will operate between 2.30pm and 3.00pm within the 0-2 and 2-5 rooms. For snack, there is a choice of toast, crumpet, muffin or crackers served with fruit and a choice of water, soya or cow's milk to drink. | Jacket potatoes and beans   | Same as main menu        |
| <b>Tuesday</b>     |   |  | Pasta Carbanara with broccoli                               | Vegetable and Quorn pasta Carbanara with broccoli | Strawberry cheesecake       |   | Homemade pizzas (tomato and lentil base) and salad  | Same as main menu        |
| <b>Wednesday</b>   |   |  | Cottage Pie with seasonal vegetables                        | Quorn pie with seasonal vegetables                | Sugar free Jelly with fruit |   | Beans on toast With carrot and cucumber sticks  | Same as main menu        |
| <b>Thursday</b>    |   |  | Chicken and vegetable fajitas with potato wedges            | Quorn and vegetable fajitas with potato wedges    | Fruit puree with yoghurt    |   | Pin wheels and beans with carrot and cucumber batons  | Same as main menu        |
| <b>Friday</b>      |   |  | Chicken and vegetable curry and rice                        | Vegetable and lentil curry and rice               | Raisin flapjacks            |   | Tuna and cheese melts with carrot and cucumber batons   | Same as main menu        |

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