

Minibugs Nurseries Ltd Autumn Menu 2020

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 / Halal Option	Mid Afternoon Snack <i>Served between 2pm and 2:30pm</i>	Children's Menu – Tea <i>Served at 4pm</i>	Vegetarian Option
1	Choice of cereals that include Weetabix, Rice Crispies and Shreddies. All served with either Soya or Cow's Milk	Free flow snack will operate between 930am and 10am within the 0-2 and 2-5 rooms. For snack, there is a choice of toast, crumpet, muffin or pancake served with fruit and a choice of water, soya or cow's milk to drink.	Meatball pasta bake <i>Pasta, mince meatballs, onions, passata</i> Pudding: Sprinkle cake	Quorn meatball pasta bake <i>Quorn mince meatballs, pasta, onions, passata</i> Pudding: Sprinkle cake	Crackers and cheese with cherry tomatoes	Cheese, onion and potato pie with baked beans	Same as main menu
2			BBQ chicken with rice and mixed vegetables <i>Chicken, bbq sauce rice, mixed vegetables</i> Pudding: Gingerbread loaf	Quorn bbq chicken with rice and mixed vegetables <i>Quorn, bbq sauce, rice, mixed vegetables</i> Pudding: Gingerbread loaf	Children to bake a snack	Jacket potato with tuna and sweetcorn	Same as main menu
3			Cod with new potatoes and green beans <i>Cod, potatoes, green beans</i> Pudding: Blueberry sponge cake	Same as main menu Pudding: Blueberry sponge cake	Vegetable sticks with tomato salsa dip	Chicken and vegetable cous cous	Quorn and vegetable cous cous
4			Shepherds pie with mixed vegetables <i>Mince, potatoes, mixed vegetables</i> Pudding: Homemade chocolate biscuits	Quorn shepherds pie with mixed vegetables <i>Quorn mince, potatoes, mixed vegetables</i> Pudding: Homemade chocolate biscuits	Fruit muffin with oranges	Hidden vegetable pasta	Same as main menu
5			Chicken and vegetable tart with potato wedges <i>Chicken, mixed vegetables, pastry, potatoes</i> Pudding: Fruit salad	Quorn and vegetable tart with potato wedges <i>Quorn, mixed vegetables, pastry, potatoes</i> Pudding: Fruit salad	Pitta bread fingers with tzatziki dip	Cheese and tomato muffin pizzas	Same as main menu

*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 +