



KIF34
Summer 2024 Nursery Menu



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	1/2 Bowl Rice Crispies with 1/2 Cup of Chilled Milk	4 Tbsp of Overnight Oats with 2 Tbsp of Raspberries	1 Weetabix with 1/2 Cup of Fresh Milk	4 Tbsp of Overnight Oats with Raisins	3 Tbsp of Cornflakes with 1/2 Cup of Chilled Milk
Mid-morning Snack	2 Tbsp of Five Bean Dip With 2 Breadsticks	1 Toasted Buttered Crumpet with a Glass of Milk	1 Oatcake Topped with Sliced Banana	2 Oatcakes Topped with 2 Tbsp of Homemade Beetroot Houmous & Glass of Milk	1/2 Bowl Selection of Sliced Fruit
Lunch	6 Tbsp of Pot Braised Chicken & Vegetable Summer Casserole with 2 New Potatoes 4 Tbsp of Traditional Rhubarb Fool	4 Tbsp of Seasonal Vegetable Tagine with 3 Tbsp of Long Grain Rice 4 Tbsp of Seasonal Fruit Salad	6 Tbsp of Oriental Pineapple Sweetened Sweet & Sour Chicken with Peppers & Onions served with Rice Vanilla Pudding with Plums	6 Tbsp of Creamy Baked Macaroni and Cheese with Garden Peas Orange and Nectarine	4 Tbsp of Classic Salmon & Pea Risotto 3 Tbsp of Peach Ripple Fool
Mid-afternoon Snack	1 Cup of Banana & Blueberry Smoothie	4 Pineapple Slices	2 Buttered Cream Crackers & Cup of Whole Milk	3 Slices of Apple with Cheddar Cheese a Glass of Milk	2 Rice Cakes topped with Cream Cheese & Chives
Tea	1 Toasted Bagel Topped with 2 Tbsp of Traditional Egg Mayonnaise 5 Banana Fingers & a Glass of Milk	2 Oatcakes Topped with 2 Tbsp of Sun-dried Tomato & White Bean Dip 6 Tbsp of Mixed Melon Medley	2 Triangles of Salmon with Cream Cheese & Sweetcorn Sandwiches on Wholemeal Bread 6 Slices of Pear & 1 Tbsp of Raisins	Baked Jacket Half with 4 Tbsps of Baked Beans (Low Sugar, Low Salt 😊) Strawberries	1 Cup of Summer Tuscan Style Whole Bean Soup Kiwi and Raspberries

No grapes or cherry tomatoes served, due to choking hazard



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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	3 Tbsp of Cornflakes with 1/2 Cup of Chilled Milk	½ Bowl Homemade Granola with ½ Cup of Fresh Milk	1 Weetabix with 1/2 Cup of Fresh Milk	4 Tbsp of Overnight Oats with Raspberries	1/2 Bowl of Rice Crispies with 1/2 Cup of Chilled Milk
Mid-morning snack	4 Cucumber Batons & Sour Cream with Chives	1/2 Oven Warmed Bagel with Cream Cheese & Strawberries	2 Tbsp of Summer Berries & 4 Tbsp of Natural Yoghurt	2 Slices of Mature Cheese & 3 Slices of Apple	6 Tbsp of Mixed Melon Melody
Lunch	4 Tbsp of Thai Green Chicken Curry served with 2 Tbsp of Rice 5 Tbsp of Old-Fashioned Bananas Custard	Mexican Sweet Potato Fajitas with mixed Pepper and Onion Fromage Fraise and Peach Swirl	4 Tbsp Turkey Cooked in Provençal Sauce on 3 Tbsp of Orzo with Garden Peas Pineapple slices	6 Tbsp of Tuna Penne Pomodoro Served with Sweetcorn 5 Tbsp of Greek Yoghurt & Strawberry Swirl	Roasted Pepper and Feta Cous Cous with Peas 4 Tbsp of Creamy Rice Pudding with Sultanas
Mid-afternoon snack	1 Homemade Fruity Ice Yoghurt Lolly	1 Rice Cake served with 3 Slices of Apple	2 Buttered Crackers with Kiwi & a Glass of Milk	4 Pieces of Freshly Sliced Pineapple	4 Tbsp of Fromage Frais & Peaches
Tea	5 Tbsp of Smoked Mackerel Dip served with 3 Wholemeal Pitta Fingers 4 Freshly Sliced Watermelon Fingers	6 Tbsp of Boston Baked Beans on 1 Slice of Wholemeal Toast 6 Tbsp of Seasonal Fruit Salad	1 Slice of Tomato and Mozzarella Bruschetta 3 Tbsp of Apricot & Raspberry Compote	1 Fresh from the Oven Crumpet with Baked on Smoked Cheese Panna Cotta with Blueberry sauce	1 Cup of Minted Garden Pea Soup & 2 Breadstick Stirrers Kiwi and Pears

No grapes or cherry tomatoes served, due to choking hazard.