

Homemade

TEEPEE DAY NURSERY WEEKLY MENU

WINTER, WEEK 1



MONDAY

1 Weetabix with 1/2 Cup of Milk
BREAKFAST

1/2 Wholemeal Pitta with 1 Tbsp of
Smoked Mackerel Pate
MORNING SNACK

4 Tbsp of Sweet Potato & Red
Pepper Fusilli with Parmesan &
2 Tbsp of Peas

2 Tbsp of Rhubarb Fool
LUNCH

1 Cup of Tropical Fruit Smoothie
AFTERNOON SNACK

2 Triangles of Turkey Sandwiches
with Homemade Pesto Mayonnaise
on Wholemeal Bread

5 Fingers of Banana
AFTERNOON TEA

TUESDAY

3 Tbsp of Porridge with 1 Tbsp
of Sultanas
BREAKFAST

1 Tbsp of Cream Cheese with 6
Mini Breadsticks
MORNING SNACK

4 Tbsp Lentil Dhal Makhani with
2 Tbsp of Brown Rice

2 Tbsp of Mango Yoghurt Swirl
LUNCH

1 Rice Cake & 2 Satsuma
Segments & a Glass of Whole Milk
AFTERNOON SNACK

1 Cup of Butternut Squash & Red
Lentil Soup with 1/2 Slice of
Wholemeal Toast

2 Tbsp of Melon Slices
AFTERNOON TEA

WEDNESDAY

1/2 Bowl of Rice Crispies with
1/2 a Cup of Milk
BREAKFAST

5 Banana Slices with 1/2 Slice of
Buttered Wholemeal Toast
MORNING SNACK

4 Tbsp Thai Green Chicken Curry
with 2 Tbsp of Brown Rice

2 Tbsp of Creamy Rice Pudding
with Plums
LUNCH

2 Oatcakes with Cumin Houmous
AFTERNOON SNACK

2 Triangles of Salmon & Cream
Cheese with Sweetcorn Sandwiches

2 Tbsp of Seasonal Fruit Medley
AFTERNOON TEA

THURSDAY

1/2 Bowl of Cornflakes
with 1/2 a Cup of Milk
BREAKFAST

2 Tbsp of Fromage Frais &
1 Tbsp of Mixed Fruits
MORNING SNACK

3 Tbsp Chicken, Spinach &
Mushroom Risotto

1 Apple & Cheese Kebab
LUNCH

2 Buttered Cream Crackers
with a Glass of Whole Milk
AFTERNOON SNACK

2 Tbsp of Aubergine
Caponata served with 1/2 a
Wholemeal Pitta Pocket

6 Satsuma Segments
AFTERNOON TEA

FRIDAY

3 Tbsp of Malt Wheats with 1/2 a
Cup of Milk
BREAKFAST

1 Toasted Buttered Crumpet
MORNING SNACK

3 Tbsp of Trawlers Fish & Leek Pie
with 8 Carrot Batons

2 Tbsp of Panna Cotta with 1
Tbsp of Winter Berry Sauce
LUNCH

2 Tbsp of Yoghurt Dip with 1/2 a
Pitta Bread
AFTERNOON SNACK

1 Cup of Winter Bean Soup

2 Tbsp of Pineapple Chunks
AFTERNOON TEA

Homemade

TEEPEE DAY NURSERY WEEKLY MENU

WINTER, WEEK 2



WEDNESDAY

4 Tbsp Porridge with 1 Tsp of Sultanas

BREAKFAST

1/2 a Wholemeal Pitta Dippers with 3 Tbsp of Olive Tapenade

MORNING SNACK

3 Tbsp Cauliflower, Chickpea & Coconut Curry with 2 Tbsp of Brown Rice

2 Tbsp Hot English Custard with 1 Tbsp of Forest Fruits

LUNCH

2 Cream Crackers with a Glass of Milk

AFTERNOON SNACK

1 Cup of Carrot, Lentil & Coriander Soup with Wholemeal Toast

2 Tbsp Stewed Prunes & 1 Tbsp of Creme Fraiche

AFTERNOON TEA

MONDAY

1/2 Bowl Rice Crispies with with 1/2 Cup of Milk

BREAKFAST

1 Buttered Crispbread & 3 Orange Segments & a Glass of Milk

MORNING SNACK

3 Tbsp of Turkey Provencal on 2 Tbsp of Orzo with 2 Tbsp of Green Peas

1/2 Peach with 1 Tbsp of Creme Fraiche

LUNCH

1 Cup of Banana & Blueberry Smoothie

AFTERNOON SNACK

2 Oatcakes with 1 Tbsp of Sun-dried Tomato & White Bean Dip

3 Pear Slices

AFTERNOON TEA

TUESDAY

3 Tbsp of Malted Wheats with 1/2 a Cup of Milk

BREAKFAST

1/2 Slice of Wholemeal Toast with 3 Slices of Apple & a Glass of Milk

MORNING SNACK

3 Tbsp of Seasonal Vegetable & Chickpea Tagine with 2 Tbsp of Long Grain Rice

2 Tbsp of Winter Spiced Vanilla Pudding

LUNCH

3 Tbsp of Fromage Frais with Tropical Fruit Medley

AFTERNOON SNACK

3 Tbsp of Boston Beans on 1 Slice of Wholemeal Toast

5 Banana Slices

AFTERNOON TEA

THURSDAY

3 Tbsp Cornflakes with 1/2 a Cup of Milk

BREAKFAST

1 Toasted Crumpet with & Cup of Whole Milk

MORNING SNACK

3 Tbsp of Ricotta & Baby Spinach Farfalle with 1 Tbsp of Garden Peas

2 Tbsp of Creamy Rice Pudding with 1 Tbsp of Mango Coulis

LUNCH

1 Tbsp of Tuna Dip & 6 Mini Breadsticks

AFTERNOON SNACK

2 Tbsp of Baked Beans with 1/2 Jacket Potato

6 Satsuma Segments

AFTERNOON TEA

FRIDAY

1 Weetabix with 1/2 a Cup of Milk

BREAKFAST

1/2 Buttered Bagel & a Glass of Milk

MORNING SNACK

Poached Cod with Creamy Orzo

2 Tbsp of Pear & Raisin Compote

LUNCH

3 Tbsp of Greek Yoghurt Dip with 1 Tbsp of Forest Fruits

AFTERNOON SNACK

2 Triangles of Coronation Chickpea Sandwiches on Wholemeal Bread

3 Apple Slices

AFTERNOON TEA