

# WONDER YEARS

## AUTUMN/WINTER MENU WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> 7.30AM - 8.15AM	WEETABIX, CORNFLAKES OR PORRIDGE. WHOLEMEAL TOAST, CRUMPETS OR FRUIT YOGURT				
<b>DRINK</b>	MILK & WATER AVAILABLE ALL DAY				
<b>SNACK</b> 10.30AM	BREADSTICKS, YOGURTS & APPLE SLICES	WHOLEMEAL PITTAS, DIPS & CARROT STICKS	CREAM CRACKERS , SOFT CHEESE & BANANA	FRUIT BREAD, YOGURTS & CUCUMBER STICKS	PANCAKES, HONEY & BERRIES
<b>LUNCH</b> 12.15PM	SHEPHERDS PIE	SWEET & SOUR CHICKEN	QUORN BOLOGNESE	HOMEMADE PIZZA	SALMON MACARONI CHEESE
<b>SIDES</b>	CARROTS, CAULIFLOWER PARSNIPS	WHITE RICE GREEN BEANS	RIGATTONI, MIXED SALAD GARLIC BAGUETTE	HOMEMADE OVEN WEDGES SWEETCORN	SWEETCORN & PETIT POIS
<b>DESSERT</b>	FRUIT SURPRISE	ICE CREAM	FRUIT FLAPJACK	ASST MILKSHAKES & COOKIE	WAFFLE & BANANA
<b>DRINK</b>	MILK & WATER AVAILABLE ALL DAY				
<b>TEA</b> 3.15PM	SCRAMBLED EGGS & ENGLISH MUFFIN	HAM & CHEESE WRAPS ORANGE SLICES	FRUIT BREAD & YOGURT	PITTA PIZZA STICKS & APPLE SLICES	BAGLES CREAM CHEESE & YOGURT
<b>DRINK</b>	MILK & WATER AVAILABLE ALL DAY				

ALL MEALS ARE LOVINGLY COOKED ON SITE BY OUR TALENTED COOKS

ALL MEALS AND SNACKS WILL BE ALTERED TO CATER FOR ALL DIETARY REQUIREMENTS. WE ARE A NUT FREE NURSERY

FIRST INTRODUCTIONS TO FOOD ARE VERY IMPORTANT FOR WEANING BABIES. WE WILL WORK CLOSELY WITH PARENTS/CARERS THROUGHOUT THIS STAGE AND INTRODUCE NEW TEXTURES AND FLAVOURS WHEN YOU FEEL ITS APPROPRIATE DEPENDING ON YOUR CHILDS INDIVIDUAL NEEDS, MANY OF OUR MEALS CAN BE MASHED OR PUREED.