

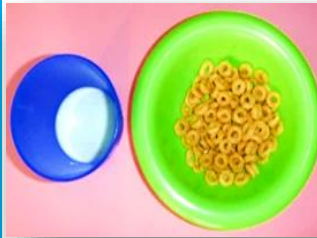














House of Colours Nursery 1 week menu

Food is served at different times in different rooms - please check with the staff team for your child's timing

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SNACK 8:30 - 10:00					
	Whole wheat toast fingers with apple and orange wedges	Banana slices with fruit yogurt	Whole grain breakfast cereal	Banana slices with fruit yogurt	Cornflakes breakfast cereal
LUNCH 11:00 - 12:00					
	Cheese, tomatoe, mushroom and pepper pizza with baked beans and chicken sausages	Egg and mayonnaise white bread sandwiches with sliced cucumber and sweet corn	Sliced cheese brown bread sandwiches with sliced carrots, and sweet corn	Egg and mayonnaise white bread sandwiches with sliced cucumber and sweet corn	Sliced cheese brown bread sandwiches with sliced carrots, and sweet corn
TEA 3:30 - 4:00					
	Savoury biscuits, cubed cheese and cherry tomatoes	Cheese, tomatoe, mushroom and pepper pizza with orange slices	Egg pitta bread wrap vegetable sticks with yogurt dip	Cheese, tomatoe, mushroom and pepper pizza with orange slices	Cheese on toasted brown bread and apple slices

As per the peadiatricions advice the children are offered milk at snack times, fruit juice at lunch times and water at tea times.