














Week 4







Monday

Beef Stew with Dumplings	
Vegetable Stew with Dumplings	
Rice Pudding	
Snack: Cheese and Ham Sandwiches	  








Tuesday

Vegetable Soup with Crusty Bread	
Jam Sponge with Custard	  
Snack: Quiche	  









Wednesday

Oven Baked Tomato and Herb Risotto	
Apple and Pear Crumble Tart with Custard	  
Snack: Cheese and Crackers	 

Thursday

Salmon and Broccoli Bake with Tomato Bread	  
Yogurt and Stewed Apple	
Snack: Cheese Puffs	  

Friday

Chilli Con Carne with Rice	 
Quorn Mince Chilli and Rice	 
Lemon Cheesecake	 
Snack: Homemade Crumpets	 

Salads will vary between potato/rice/pasta, coleslaw or grated carrot

Our menus are prepared with reference to the Action for Children Eat Better Start Better Voluntary Food and Drink Guidelines for Early Years Settings in England published in 2017.

