

Minibugs Nurseries Ltd Autumn Menu 2017

Menu No	Breakfast <i>Served between 7:30am and 8:45am</i>	Morning Snack <i>Served at 9:30am</i>	Children's Menu – Lunch Served at 12pm	Vegetarian Option	Mid Afternoon Snack – (Served with Fruit) Served between 2pm and 2:30pm	Children's Menu – Tea <i>Served at 4pm</i>	Vegetarian Option
1	Choice of cereals that include Weetabix, Rice Crispies and Shreddies. All served with either Soya or Cow's Milk	Free flow snack will operate between 9:30am and 10am within the 0-2 and 2-5 rooms. For snack, there is a choice of toast, crumpet, muffin or pancake served with fruit and a choice of water, soya or cow's milk to drink.	Chicken and Vegetable Risotto	Vegetable Risotto	Oaty Biscuits with Milk	Cheese and Tomato Pin Wheels with Tomatoes	Same as main menu
2			Beef Curry with Rice and Herb Flatbread	Vegetable Curry with Rice and Garlic Bread	A variety of Vegetable Sticks with Cream Cheese	Spaghetti on Toast	Same as main menu
3			Vegetable Pasta/Noodles with Green Beans	Same as Main Menu	Homemade Lemon Cake	Vegetable Soup and Bread	Same as main menu
4			Chicken Stew with Mash Potato and Vegetables	Mixed Bean Stew with Mash Potato and Vegetables	Fruit Salad with Greek Yogurt	Mini Cheese and Tomato Quiche	Same as main menu
5			Lamb Chilli with Rice and Garlic Bread	Vegetable Chilli with Rice and Garlic Bread	Porridge and Homemade Fruit Jam	Beans on Toast	Same as main menu

*For Lunch & Tea - Please see the daily menu for details of meals provided, fruit is served after lunch and all dietary needs are catered for and alternative ingredients will be used to ensure these needs are met. However, children will still be served a dish that is similar in appearance to the main children's menu. All children are offered a drink of fresh water at lunchtime in an age appropriate cup.

**Menu for 9 months +