

## 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>	Lunch - Very First Foods (4-6 months) <i>Served at 12pm</i>	Lunch - Second Stage Weaning (6-9 months) <i>Children will be given part or all the children's menu dependant on their needs.</i>	Vegetarian Option <i>Children will be given part or all the children's menu dependant on their needs.</i>	Mid Afternoon Snack – (4-6 months) <i>Served between 2pm and 2:30pm</i>	Mid Afternoon Snack – (6 – 9 months) Served with Fruit <i>Children will be given part or all the children's menu dependant on their needs.</i>	Children's Menu – Tea <i>Served at 4pm</i>	Vegetarian Option
<b>1</b>	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 930am 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.	Carrot and Lentil Puree	Chicken and Vegetable Risotto	Vegetable Risotto	Mashed Banana	Oaty Biscuits with Milk	Cheese and Tomato Pin Wheels with Tomatoes	Same as main menu
<b>2</b>			Leek and Potato Puree	Beef Curry with Rice and Herb Flatbread	Vegetable Curry with Rice and Garlic Bread	Peach Puree	A variety of Vegetable Sticks with Cream Cheese	Spaghetti on Toast	Same as main menu
<b>3</b>			Parsnip and Pea Puree	Vegetable Pasta/Noodles with Green Beans	Same as Main Menu	Apple Puree	Homemade Lemon Cake	Vegetable Soup and Bread	Same as main menu
<b>4</b>			Broccoli and Swede Puree	Chicken Stew with Mash Potato and Vegetables	Mixed Bean Stew with Mash Potato and Vegetables	Mango Puree	Fruit Salad with Greek Yogurt	Mini Cheese and Tomato Quiche	Same as main menu
<b>5</b>			Courgette and Sweet Potato Puree	Lamb Chilli with Rice and Garlic Bread	Vegetable Chilli with Rice and Garlic Bread	Pear Puree	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 4 – 9 months, children will be bottled fed prior to 4 months unless advised otherwise by parents/carers.