



Rainbow Nursery Weekly Menu

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|--|--|--|--|---|
| Breakfast | Selection of Cereal | Selection of Cereal | Selection of Cereal | Selection of Cereal | Selection of Cereal |
| Snack (AM) | Toast & Fruit Selection | Toast & Fruit Selection | Toast & Fruit Selection | Toast & Fruit Selection | Toast & Fruit Selection |
| Lunch | Vegetable Pitta Pizzas With Salad Plain Fromage Frais & Fruit Selection | Tomato Soup Chinese Chicken & Veg Curry With Rice | Beef Mince With Mashed Potatoes & Veg Rice Pudding & Banana | Broccoli Soup Tomato & Vegetable Pasta Bake | Fish Pie With Carrots & Peas Plain Yoghurt & Peaches |
| Snack (PM) | Oatcakes With Butter Banana & Orange | Greek Yoghurt Strawberries & Blueberries | Breadsticks With Humus Carrot, Pepper & Cucumber sticks | Crackers With Cheese Apple & Grapes | Rice Cakes With Cheese Spread Melon & Pineapple |
| Dinner | Fish Cakes With Potato Wedges & Peas | Tuna & Sweetcorn Pasta Bake | Baked Potatoes With Beans & Cheese | Spaghetti & Meatballs | Sausages with Mashed Potato & Carrots |



Rainbow Nursery Weekly Menu

| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|--|--|---|---|--|
| Breakfast | Selection of Cereal | Selection of Cereal | Selection of Cereal | Selection of Cereal | Selection of Cereal |
| Snack (AM) | Toast & Fruit Selection | Toast & Fruit Selection | Toast & Fruit Selection | Toast & Fruit Selection | Toast & Fruit Selection |
| Lunch | Fajita Chicken With Rice Fruit Salad | Sausages with Mashed Potato & Beans Rice Pudding & Banana | Chicken & Rice Soup Cheese & Ham Toasties With Salad | Vegetable Soup Fish Cakes, With Potato Wedges & Peas | Spaghetti Bolognaise Plain Yogurt & Fruit Selection |
| Snack (PM) | Pitta Bread With Dip Carrot, Pepper & Cucumber sticks | Crackers With Cheese Apple & Grapes | Rice Cakes With Cheese Spread Melon & Pineapple | Breadsticks with Natural Yogurt Plum & Banana | Oatcakes With Cheese Spread Pear & Orange |
| Dinner | Cheese & Ham Toasties with Tomato Soup | Tomato & Veg Pasta With Garlic Bread | Mince with Roast Potatoes & Veg | Macaroni Cheese & Veg Sticks | Chicken Curry With Rice & Veg |



Rainbow Nursery Weekly Menu

| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|---|--|---|--|--|
| Breakfast | Selection of Cereal | Selection of Cereal | Selection of Cereal | Selection of Cereal | Selection of Cereal |
| Snack (AM) | Toast & Fruit Selection | Toast & Fruit Selection | Toast & Fruit Selection | Toast & Fruit Selection | Toast & Fruit Selection |
| Lunch | Chicken & Broccoli Pasta Plain Fromage Frais & Fruit Selection | Tomato Soup Mac & Cheese With Corn on the Cob | Steak Pie with Potatoes, Peas & Carrots Rice Pudding With Banana | Chilli & Rice Fruit Salad | Broccoli Soup Chicken & Sausage Jambalaya |
| Snack (PM) | Rice Cakes Grapes & Banana | Bagels With Cream Cheese Melon & Pineapple | Cheese or Ham Sandwiches Banana & Orange | Breadsticks With Humus Carrot, Pepper & Cucumber sticks | Crackers With Cheese Apple & Pear |
| Dinner | Baked Potatoes With Cheese & Beans | Scrambled Egg on Toast | Spaghetti & Meatballs | Sausages with Potatoes & Carrots | Tuna & Sweetcorn Pasta Bake |



Rainbow Nursery Weekly Menu

| Week 4 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|---|---|---|---|--|
| Breakfast | Selection of Cereal | Selection of Cereal | Selection of Cereal | Selection of Cereal | Selection of Cereal |
| Snack (AM) | Toast & Fruit Selection | Toast & Fruit Selection | Toast & Fruit Selection | Toast & Fruit Selection | Toast & Fruit Selection |
| Lunch | Vegetable Soup Chicken Korma With Rice | Beef Stir Fry With Noodles Greek Yoghurt & Fruit | Fish Curry With Naan Bread Rice Pudding & Banana | Chicken & Rice Soup Spaghetti Carbonara | Chicken in Gravy Boiled Potatoes & Green Beans Plain Yoghurt & Fruit Selection |
| Snack (PM) | Greek Yoghurt Strawberries & Blueberries | Crackers With Cheese Apple & Plum | Crumpets With Butter Pear & Orange | Oatcakes With Cheese Spread Pear & Melon | Malt Loaf Grapes & Banana |
| Dinner | Pitta Pizza & Salad | Chicken Curry With Rice | Tomato Pasta With Garlic Bread | Mince with Potatoes & Veg | Ham & Cheese Wraps |