



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 Fromage Frais & Fruit Selection	Tomato Soup Chinese Chicken Curry With Rice	Beef Mince With Mashed Potatoes & Turnip Custard & Banana	Broccoli Soup Tomato & Vegetable Pasta Bake	Fish Pie With Carrots & Peas Ice Cream & Peaches
Snack (PM)	Pancakes 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 Fingers With Wedges & Spaghetti Hoops	Tuna & Sweetcorn Pasta Bake	Baked Potatoes With Beans & Cheese	Spaghetti & Meatballs	Sausages with Chips & Beans



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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 Yogurt & Fruit Selection	Sausages with Mashed Potato & Beans Angel Delight & Fruit Selection	Chicken & Rice Soup Cheese & Ham Toasties With Salad	Vegetable Soup Fish Fingers, With Chips & Peas	Spaghetti Bolognaise Jelly & 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 Pasta With Garlic Bread	Mince with Roast Potatoes & Veg	Chicken Tikka Masala With Rice	Margherita Pizza & Fries



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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 Angel Delight & Fruit Selection	Steak Pie with Potatoes, Peas & Carrots Fromage Frais With Fruit Selection	Tomato Soup Mac & Cheese With Corn on the Cob	Chilli & Rice Jelly & Fruit Selection	Broccoli Soup Chicken & Sausage Jambalaya
Snack (PM)	Cheese or Ham Sandwiches Grapes & Banana	Bagels With Cream Cheese Melon & Pineapple	Pancakes With Butter Banana & Orange	Breadsticks With Humus Carrot, Pepper & Cucumber sticks	Crackers With Cheese Apple & Pear
Dinner	Baked Potatoes With Cheese & Beans	Chicken Nuggets With Potato Croquets & Peas	Spaghetti & Meatballs	Sausages with Smiley Stars & Beans	Tuna & Sweetcorn Pasta Bake



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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	Chicken & Rice Soup Vegetable Korma With Rice	Beef Stir Fry With Noodles Custard & Banana	Fish Curry With Naan Bread Ice Cream & Peaches	Vegetable Soup Spaghetti Carbonara	Chicken in Gravy Boiled Potatoes & Green Beans Fruit Yoghurts & 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	Margherita Pizza & Fries	Chicken Tikka Masala With Rice	Tomato Pasta With Garlic Bread	Mince with Potatoes & Veg	Sausage Rolls with Potato Waffles & Beans