

# Menu - Week One

The menu is planned on a 4-weekly basis.  
Changes may occur due to supply.

  
**BIJOU**  
- Nursery & Crèche -

## MONDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Seasonal Fresh Fruit
Lunch	Vegetable Curry. Naan Bread
Afternoon Snack	Cream Crackers & Cucumber sticks
Tea	Beans on Toast

## TUESDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Breadsticks & Hummus & Cherry Tomatoes
Lunch	Spaghetti & Meatballs. Natural Yoghurt
Afternoon Snack	Seasonal Fresh Fruit
Tea	Selection of Sandwiches

## WEDNESDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Carrot & Cucumber Sticks
Lunch	Ocean Pie. Fruit salad
Afternoon Snack	Seasonal Fresh Fruit
Tea	Soup with Fresh Bread

## THURSDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Seasonal Fresh Fruit
Lunch	Lasagne. Garlic Bread
Afternoon Snack	Rice Cakes & Carrot Sticks
Tea	Pitta Pizza

## FRIDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Oat Cakes & Cherry Tomatoes
Lunch	Sausage, Mashed Potato & Gravy. Fresh Fruit
Afternoon Snack	Seasonal Fresh Fruit
Tea	Savoury Rice

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## MONDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Seasonal Fresh Fruit
Lunch	Fishcakes, Potatoes and Vegetables. Natural Yoghurt
Afternoon Snack	Rice Cakes & Cucumber Sticks
Tea	Toasted Panini's

## TUESDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Seasonal Fresh Fruit
Lunch	Chicken & Vegetable Pie. Fresh Fruit
Afternoon Snack	Breadsticks & Guacamole & Pepper Sticks
Tea	Cheese Ploughman's

## WEDNESDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Cream Crackers & Cucumber stick
Lunch	Sweet & Sour Vegetables with Rice, Natural Yoghurt
Afternoon Snack	Seasonal Fresh Fruit
Tea	Cheese Pasta

## THURSDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Seasonal Fresh Fruit
Lunch	Cottage Pie. Homemade Rice Pudding
Afternoon Snack	Vegetable Sticks & Dips
Tea	Selection of Wraps

## FRIDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Seasonal Fresh Fruit
Lunch	Spaghetti Carbonara. Garlic Bread
Afternoon Snack	Oat Cakes with Cherry Tomatoes
Tea	Selection of Sandwiches

# Menu - Week Three

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## MONDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Seasonal Fresh Fruit
Lunch	Chicken Ramen. Prawn Crackers
Afternoon Snack	Vegetable Sticks
Tea	Choice of Bagels

## TUESDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Breadsticks, Vegetable Sticks & Dip
Lunch	Salmon & Broccoli Pasta Bake. Garlic Bread
Afternoon Snack	Seasonal Fresh Fruit
Tea	Risotto

## WEDNESDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Seasonal Fresh Fruit
Lunch	Roast Chicken Dinner. Natural Yoghurt
Afternoon Snack	Rice Cakes with Cucumber Sticks
Tea	Bruschetta

## THURSDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Seasonal Fresh Fruit
Lunch	3 Bean Chilli & Rice, Fresh Fruit
Afternoon Snack	Crackers & Cheese with Cucumber Sticks
Tea	Jacket Potatoes

## FRIDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Vegetable Sticks
Lunch	Spaghetti Bolognese. Sugar Free Jelly
Afternoon Snack	Seasonal Fresh Fruit
Tea	Cheese & Tomato Flatbread

# Menu - Week Four

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## MONDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Seasonal Fresh Fruit
Lunch	Shepard's Pie. Fresh Fruit
Afternoon Snack	Rice Cakes & Cherry Tomatoes
Tea	Spaghetti Hoops on Toast

## TUESDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Vegetable Sticks
Lunch	Tomato & Cheddar Penne Pasta. Sugar Free Jelly
Afternoon Snack	Seasonal Fresh Fruit
Tea	Selection of Sandwiches

## WEDNESDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Seasonal Fresh Fruit
Lunch	Garlic Chicken, Potatoes & Vegetables. Natural Yoghurt
Afternoon Snack	Oat Cakes & Cream Cheese with Carrot Sticks
Tea	Toasted Panini

## THURSDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Seasonal Fresh Fruit
Lunch	Fish in Parsley Sauce, Potatoes & Peas. Fresh Fruit
Afternoon Snack	Vegetable Sticks
Tea	Savoury Rice

## FRIDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Cream Crackers with Blueberries
Lunch	Corned Beef Pie. Natural Yoghurt
Afternoon Snack	Seasonal Fresh Fruit
Tea	Toasted Muffins