

Sample Menu

Monday	Breakfast	Cereal, milk, baby rice, fruit and toast
	Lunch	Penne pasta in a tomato sauce Semolina
	Tea	Mince and onion pie, creamy potatoes and carrots Vegetables and potato bake (v) Fresh fruit
Tuesday	Breakfast	Porridge, milk, toast and fresh fruit
	Lunch	Chicken and noodle stir fry Vegetable stir fry (v) Fromage Frais
	Tea	Potato, barley and vegetable soup Fresh bread Fruit
Wednesday	Breakfast	Selection of cereals, pancakes and fresh fruit
	Lunch	Pasta shells in a Bolognese sauce Pasta shells in a cheese sauce (v) Apple crumble
	Tea	Toasted cheese sandwiches and baked beans or Vegetable casserole Yoghurt
Thursday	Breakfast	Porridge, toast and fruit
	Lunch	Vegetable risotto Bananas and custard
	Tea	Fish pie with peas and sweetcorn Fruit
Friday	Breakfast	Cereals, yoghurt and toast
	Lunch	Turkey pasta with vegetables Pasta with vegetables (v) Jelly
	Tea	Homemade pizza or Cheesey potato bake with vegetables Yoghurt cake

A weaning menu will be adjusted as necessary according to individual needs.

Montys Nursery