

Heathside Day Nursery

Please note: We use low salt, low sugar products and use fresh natural ingredients.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Choice of: Wholemeal/White toast Natural yoghurt and raisins Milk/Water	Choice of cereal (Mashed banana- under1's) Milk/Water	Choice of: Wholemeal/White toast Natural yoghurt and raisins Milk/Water	Choice of cereal (Mashed banana- under1's) Milk/Water	Choice of: Wholemeal/White toast Natural yoghurt and raisins Milk/Water
LUNCH	Macaroni Cheese, served with carrots Iced fairy cakes (Fruit puree – under1's) Water	Vegetable & sweet potato moussaka, served with seasonal vegetables Bananas and Custard (Fruit puree – under 1's) Water	Sausages and mashed potatoes, served with peas and gravy Pineapple upside down cake (Fruit puree – under 1's) Water	Chicken and vegetable curry, served with rice Natural yoghurt, served with mango (Fruit puree – under 1's) Water	Turkey stew, served with roast potato's Homemade Shortbread (Fruit puree – Under 1's) Water
AFTERNOON SNACK	Homemade Vegetable soup served with whoelmeal bread Milk/ Water	Nan bread, served with mango chutney dip (Puree fruit- under1's) Milk/Water	Crackers, served with grated cheese and cherry tomatoes Milk/Water	Spaghetti on wholemeal toast Milk/Water	Fresh fruit pieces (fruit Puree-under 1's) Milk/Water