

Sparkling Minds Pre-School & Day Nursery Menu – Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals or wholemeal toast				
Main Lunch Dish Vegetarian alternative	Fish & Potato Pie Cheese & veg potato pie	Chicken Roast Dinner Quorn Roast Dinner	Turkey, mushroom & spinach Carbonara Mushroom & Spinach Carbonara	Cottage Pie Vegetable Pie	Macaroni Cheese with Butternut Squash
Starch element	Potato	Roast Potatoes & Yorkshire Puddings	Linguini Pasta	Mashed potatoes	Macaroni Pasta
Vegetables	Mixed vegetables	Broccoli, cauliflower, carrots & peas	Mushrooms & Spinach	Mixed Vegetables	Butternut Squash
Pudding	Melon slices	Fromage frais & peach coulis	Greek yoghurt	Berries	Fromage frais & raspberry puree
Tea Vegetarian alternative	Cheese on toast with cucumber slices	Mini Ploughmans with smooth pickle	Jacket potato with choice of beans, cheese or ham	Sausage rolls with sliced mixed peppers & Tzatziki Quorn Sausage Rolls	Tuna mayonnaise sandwiches with pepper & cucumber slices Cheese Sandwiches
Pudding	Natural yoghurt	Fresh fruit	Banana	Natural yoghurt	Fresh fruit
The food group key 	Food group 1: Bread, rice, potatoes, pasta & other starchy foods Food group 2: Fruit & vegetables Food group 3: Milk, cheese & yoghurt Food group 4: Meat, fish, eggs, nuts & pulses Food group 5: Foods high in fat & sugar				