

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals or wholemeal toast				
Main Lunch Dish	Chicken & vegetable Bake	Jacket Potato & Chilli Con Carne	Wholemeal Pasta & Cheesy Bake	Fish Fingers, Mash & Baked Beans	Vegetable Curry with Orzo & Nann Bread
Vegetarian alternative	Quorn & Veg Bake	Quorn Mince	Cheesy Bake Pasta	Vegetarian Fish Fingers	
Starch element	Potato	Potato	Pasta	Potato	Orzo Pasta
Vegetables	Mixed vegetables	Onion, Carrots, Peppers & tomato	Sweetcorn	Baked Beans	Mixed vegetables
Pudding	Greek yoghurt	Pear & Apple slices	Greek yoghurt	Rice Pudding (Reduced fat)	Greek yoghurt
Tea	Cauliflower Cheese and Garlic bread	Ham & Cheese Sandwiches with cucumber slices	Beans on wholemeal toast	Cheese & Ham Wholemeal sandwich 'thins' with sliced peppers	Pizza slices & Cucumber sticks
Vegetarian alternative					
Pudding	Fresh Fruit Salad	Fromage Frais with mixed berry coulis	Melon Slices	Banana slices	Fresh fruit salad
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				