

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals or wholemeal toast				
Main Lunch Dish	Shepherd's Pie	Cowboy Pie (Sausage meat & beans)	Broccoli & Salmon Pasta Bake with parsley sauce	Chicken Korma with Rice & Nann Bread	Cheesy Meatball Pasta Bake
Vegetarian alternative	Quorn Shepherd's pie	Quorn Cowboy Pie	Vegetable Bake	Quorn Korma	Cheesy Pasta Bake
Starch element	Potato	Potato	Potato	Rice & Naan Bread	Pasta
Vegetables	Swede & Peas	Beans	Broccoli	Mixed Vegetables	Sweetcorn
Pudding	Fresh Fruit	Greek yoghurt & Raspberry Coulis	Pear slices	Natural Yoghurt	Fresh Fruit Salad
Tea	Spaghetti on wholemeal toast	Vegetable soup with baguette (Broccoli, potato, carrot)	Croissants with choice of ham or grated cheese (with carrot sticks)	Bagels (with choice of cream cheese) and cucumber sticks	Chicken Mayo Wraps with Pepper sticks
Pudding	Natural yoghurt	Fresh fruit salad	Greek Yoghurt	Melon Slices	Natural Yoghurt & Mango Coulis
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				