

Little Monkeys Nursery Sample Menu Plan

- All meals are homemade and cooked daily, using all fresh, organic and locally sourced produce where possible



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast club 8:00-8:30am	Variety of cereals With fresh fruit juice	Homemade muesli With fresh fruit juice	Variety of cereals With fresh fruit juice	Home made granola & yogurt With fresh fruit juice	Fruit or chocolate brioche With fresh fruit juice
Morning Snack 09:30am	Raisin toast & fruit With milk or water	Fruit smoothie & breadstick With milk or water	Homemade pancakes with choice of toppings With milk or water	Variety of fresh fruit With milk or water	Cheese on toast With Milk or Water
Lunch Time 12:00pm	Lentil & tofu moussaka or lasagne Frozen strawberry yogurt With water	Pork and bean casserole with spring onion mash Homemade rice pudding With water	Mediterranean lamb with couscous Fresh fruit salad With water	Beef & chickpea curry with wholegrain rice Papaya with raspberries in lime juice With water	Mixed seafood with wholemeal pasta and crusty bread Fresh fruit & yogurt With water
Afternoon Snack 2:30pm	Fruit kebabs With milk or water	Vegetable sticks & homemade dip With milk or water	Homemade oat & raisin cookies With milk or water	Cheesy pastry twists With milk or water	Lemon & blueberry loaf With milk or water
Afternoon Tea 4:30pm	Honey and soy salmon with winter ratatouille vegetables Lemon drizzle cake With water	Chicken & mango risotto Fresh fruit With water	Mild turkey chilli with rice & tortilla chips Sorbet with fruit coulis With water	Homemade salmon fish fingers with sweet potato wedges, peas & homemade ketchup Apple strudel bars With water	Homemade quiche with pasta & potato salad Homemade banana ice cream With Water

Total portions of fruit & vegetables →

