



Robin's Nest Menu

Day Nursery

Sample Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A choice of Cereals and Oats with Whole/Dairy Free Milk, Wholemeal Toast and Fresh Fruit				
Morning Snack	A selection of fresh fruit and vegetables, which may include Apple, Pear, Grapes, Orange, Banana, Cucumber and Tomato with a choice of Breadstick/Cracker/Rice Cake plus Whole/Dairy Free Milk and Water				
Lunch	Thai Green Chicken Curry and Green Beans	Pulled Beef, Roast Potato and Steamed Vegetables	Chicken Supreme with Rice, Peas and Carrots	Quiche with Roasted Broccoli and Peppers	Fish Pie with Fresh Vegetables
Dessert	Eton Mess	Banana and Cranberry Flapjack	Scones with Jam and Cream	Mini Pancakes	Stewed Apple and Plum with Yoghurt
Afternoon Snack	A selection of fresh fruit and vegetables, which may include Apple, Pear, Grapes, Orange, Banana, Cucumber and Tomato with a choice of Breadstick/Cracker/Rice Cake plus Whole/Dairy Free Milk and Water				
Afternoon Tea	Jacket Potato with Cheese, Beans, Tomato and Cucumber	Quorn Bolognese	Stuffed Peppers with Cous Cous and Cheddar	Carrot and Butter Bean Soup with Croutons	Mushroom Risotto
Dessert	Apple and Celery Salad with Yoghurt and Sultanas	Selection of Dried Fruit	Fresh Carrot Salad with Pineapple	Mango Frozen Yoghurt	Homemade Chocolate Biscuits