

Winter 2019 Menu
Tangent House Day Nursery

Week 1	AM Snack (10am)	Lunch (12 noon)	PM Snack (2.15pm)	Tea (4.15pm)
Monday	Hummus and Breadsticks	Spaghetti Bolognaise Yoghurts	Toast with Marmite or Jam	Homemade Soup with Bread Banana
Tuesday	Banana and Rice Cakes	Roast Chicken/Quorn Dinner Jam Sponge and Custard	Fruit Smoothie and Breadsticks	Crumpets with Cheese Spread Oranges
Wednesday	Crackers and grapes	Tuna/Vegetable Pasta Bake with garlic bread Strawberry Cupcake	Cucumber and Carrot sticks with dip	Spaghetti on toast Melon
Thursday	Apple and natural yoghurt	Sausage Casserole with mashed potato and carrots Ice cream and wafers	Grapes and Cheese cubes	Assortment of Sandwiches Raisins
Friday	Pear and Cheese Twists	Chicken/Quorn Curry and Rice Apple Crumble and cream	Fruit Loaf and Oranges	Pizza and Salad Pears

Week 2	AM Snack (10am)	Lunch (12 noon)	PM Snack (2.15pm)	Tea (4.15pm)
Monday	Natural Yoghurt and Apples	Jacket Potato with cheese and beans Cherry pie and Custard	Croissants and grapes	Ham/Cheese Salad Wraps Oranges
Tuesday	Cheese Twists and oranges	Shepherd's Pie and Cauliflower Angel Delight and Sprinkles	Bread Sticks with mint yoghurt dips and banana	Sausage and cheese rolls with mixed salad and apples
Wednesday	Toast and banana	Chicken and vegetable Pie with boiled potatoes Mixed Fruit and natural yoghurt	Cucumber sticks and cheese chunks	Mini ploughman's with fresh bread Melon
Thursday	Rice cakes and Melon	Fish/Vegetable Fingers, mashed potato and peas Flapjack	Oatcakes and Banana	Hot Dogs and Apples
Friday	Raisins and carrot sticks	Chicken/Quorn Casserole Bananas and custard	Rice Cakes and Cucumber Sticks	Vegetable Samosas with a yoghurt dip and Raisins

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Week 3	AM Snack (10am)	Lunch (12noon)	PM Snack (2.15pm)	Tea (4.15pm)
Monday	Rice Cakes and Banana	Toad in the Hole, Carrots and Mashed Potato	Toasted Tea Cakes and Apple	Homemade Soup and Fresh Bread with Melon
Tuesday	Cheese Twists and Apple	Fish/Vegetable Pie and Peas Homemade Biscuit	Crumpets and Banana	Mixed Sandwiches and Salad Oranges
Wednesday	Hummus and bread sticks	Roast Chicken/Quorn Dinner Fruit Salad	Fruit Scone and Dried Fruit	Crackers and cheese with grapes
Thursday	Toast and pears	Chilli and Rice Yoghurts	Garlic Bread and Cucumber Sticks	Beans on Toast with Apples
Friday	Crackers and grapes	Sweet and sour chicken/Quorn with Rice Ice cream and wafers	Cheese Cubes and pineapple with apples	Pasta Salad with Pears