



# Pegwell Bay Nursery

## WEEK ONE FOOD MENU

mon	<ul style="list-style-type: none"><li>• Breakfast; Porridge - Mixed Seeds - Apple</li><li>• Snack Am; Hummus - Rice Cake - Vegetable Sticks</li><li>• Snack Pm; Cheese - Satsuma</li><li>• Tea; Fish Fingers, Peas and Potato Wedges &amp; Yoghurt - Fruit</li></ul>
tue	<ul style="list-style-type: none"><li>• Breakfast; Cornflakes - Apple</li><li>• Snack Am; Avocado - Toast</li><li>• Snack Pm; Cheese - Satsuma</li><li>• Tea; Wrap - Cheese - Vegetable Sticks &amp; Pineapple</li></ul>
wed	<ul style="list-style-type: none"><li>• Breakfast; Weetabix - Banana</li><li>• Snack Am; Egg - Tomatoes - Cheese Spread - Ryvita</li><li>• Snack Pm; Cheese - Satsuma</li><li>• Tea; Wraps - Tuna - Vegetable Sticks &amp; Watermelon</li></ul>
thu	<ul style="list-style-type: none"><li>• Breakfast; Yoghurt - Apple - Mixed Seeds</li><li>• Snack Am; Toast - Vegetable Sticks</li><li>• Snack Pm; Cheese - Satsuma</li><li>• Tea; Chickpea Curry &amp; Watermelon</li></ul>
fri	<ul style="list-style-type: none"><li>• Breakfast; Porridge - Banana - Mixed Seeds</li><li>• Snack Am; Hummus - Rice Cake - Vegetable sticks</li><li>• Snack Pm; Cheese - Satsuma</li><li>• Tea; Vegetable Lentil Pasta &amp; Yoghurt - Fruit</li></ul>

We cater to all dietary needs—please inform the Pegwell Bay team of any changes to your child's allergens or intolerances.



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## WEEK ONE RECIPE

mon	Tea; • Fish Fingers • Peas (microwave) • Potato Wedges (air fry, olive oil) • & Yoghurt - Fruit
tue	Tea; • Wrap • Cheese • Vegetable Sticks • & Pineapple
wed	Tea; • Wraps • Tuna • Vegetable Sticks • & Watermelon
thu	Tea; • Chickpea Curry - Tin toms - Passata - Curry Powder (slow cooker) & Rice • & Watermelon
fri	• Tea; Vegetable - Passata - Tin Toms -Lentils (slow cooker) Pasta • & Yoghurt - Fruit

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# Pegwell Bay Nursery

## WEEK TWO FOOD MENU

mon	<ul style="list-style-type: none"><li>• Breakfast; Cornflakes - Apple</li><li>• Snack Am; Toast - Kiwi</li><li>• Snack Pm; Cheese - Satsuma</li><li>• Tea; Wrap - Potatoes Wedges - Hummus - Vegetable Sticks &amp; Watermelon</li></ul>
tue	<ul style="list-style-type: none"><li>• Breakfast; Weetabix - Banana</li><li>• Snack Am; Apple - Cheese Spread - Ryvita</li><li>• Snack Pm; Vegetable Sticks - Egg</li><li>• Tea; Cheesy Lentil Pasta &amp; Pineapple</li></ul>
wed	<ul style="list-style-type: none"><li>• Breakfast; Porridge - Mixed Seeds - Apple</li><li>• Snack Am; Hummus - Rice Cake - Vegetable Sticks</li><li>• Snack Pm; Cheese - Satsuma</li><li>• Tea; Fish Curry - Rice &amp; Yoghurt - Fruit</li></ul>
thu	<ul style="list-style-type: none"><li>• Breakfast; Porridge - Banana - Mixed Seeds</li><li>• Snack Am; Hummus - Rice Cake - Vegetable Sticks</li><li>• Snack Pm; Cheese - Satsuma</li><li>• Tea; Cheese - Ham Sandwiches - Potato Wedges &amp; Yoghurt - Fruit</li></ul>
fri	<ul style="list-style-type: none"><li>• Breakfast; Weetabix - Banana</li><li>• Snack Am; Vegetable Sticks - Egg</li><li>• Snack Pm; Cheese spread - Ryvita</li><li>• Tea; Vegetable Lentil Pasta - Watermelon</li></ul>

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## WEEK TWO RECIPE

mon	Tea; <ul style="list-style-type: none"><li>• Wrap</li><li>• Potatoes Wedges (air fry, olive oil)</li><li>• Hummus</li><li>• Vegetable Sticks</li><li>• &amp; Watermelon</li></ul>
tue	Tea; <ul style="list-style-type: none"><li>• Lentil - Vegetables - Passata (slow cooker)</li><li>• Pasta - stir in cream cheese</li><li>• &amp; Pineapple</li></ul>
wed	Tea; <ul style="list-style-type: none"><li>• Fish - tin toms - vegetables - potatoes (slow cooker)</li><li>• Rice</li><li>• &amp; Yoghurt - Fruit</li></ul>
thu	Tea; <ul style="list-style-type: none"><li>• Cheese - Ham Sandwiches - Potato Wedges</li><li>• &amp; Yoghurt - Fruit</li></ul>
fri	Tea; <ul style="list-style-type: none"><li>• Vegetable - Passata - Tin Toms (slow cooker)</li><li>• Pasta</li><li>• &amp; Watermelon</li></ul>

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## WEEK THREE FOOD MENU

mon	<ul style="list-style-type: none"><li>• Breakfast; Weetabix - Banana</li><li>• Snack Am; Vegetable Sticks - Cheese Spread - Ryvita</li><li>• Snack Pm; Cheese - Satsuma</li><li>• Tea; Tuna Pasta &amp; Watermelon</li></ul>
tue	<ul style="list-style-type: none"><li>• Breakfast; Porridge - Mixed Seeds - Apple</li><li>• Snack Am; Hummus - Rice Cake - Vegetable Sticks</li><li>• Snack Pm; Cheese - Satsuma</li><li>• Tea; Quorn Bolognese &amp; Yoghurt - Fruit</li></ul>
wed	<ul style="list-style-type: none"><li>• Breakfast; Porridge - Mixed Seeds - Apple</li><li>• Snack Am; Hummus - Rice Cake - Vegetable Sticks</li><li>• Snack Pm; Cheese - Satsuma</li><li>• Tea; Wraps - Ham - Vegetable Sticks - Sweet Potato Wedges - Watermelon</li></ul>
thu	<ul style="list-style-type: none"><li>• Breakfast; Cornflakes - Banana</li><li>• Snack Am; Hummus - Rice Cake - Vegetable Sticks</li><li>• Snack Pm; Cheese - Apples</li><li>• Tea; Chicken Casserole &amp; Yoghurt - Fruit</li></ul>
fri	<ul style="list-style-type: none"><li>• Breakfast; Porridge - Mixed Seeds - Banana</li><li>• Snack Am; Hummus - Rice Cake - Vegetable Sticks</li><li>• Snack Pm; Kiwi - Pears</li><li>• Tea; Cheese Sandwiches - Vegetable Sticks &amp; Yoghurt - Fruit</li></ul>

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# Pegwell Bay Nursery

## WEEK THREE FOOD MENU

mon	Tea; • Tuna - Cream Cheese - Sweetcorn - Pasta • & Watermelon
tue	Tea; • Quorn - Tin Toms - Passata - Mixed Herbs - Vegetables • Rice • & Yoghurt - Fruit
wed	Tea; • Wraps - Ham - Vegetable Sticks - • Sweet Potato Wedges (air fry - olive oil • & Watermelon
thu	Tea; • Chicken Casserole - Vegetables - Mixed Herbs • & Yoghurt - Fruit
fri	Tea; • Cheese Sandwiches - Vegetable Sticks • & Yoghurt - Fruit

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