



EVELINE DAY NURSERIES

WEEK ONE

Food Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Bowl of Porridge or Cereal, Wholemeal Toast & Fresh Fruit				
LUNCH	Savoury Veggie Mince & Mash Served with caramelised red onion, gravy & pea mash	Teriyaki Chicken (Quorn V) Served with rice and steamed greens	Homemade Spaghetti Bolognese/Veggie Bolognese Packed with loads of hidden vegetables	Salmon Sweet Potato & Spinach Bake (or Butter Bean V) Served with fresh vegetables	Turkey, Mushroom and Spinach Pasta Bake (Mushroom & Spinach V)
TEA	Cauliflower & Lentil Dahl Served with Quinoa & Naan Bread	Fish Fingers/Veggie Fingers with Homemade Tasty Baked Beans with Bread & Butter	Homemade Vegetable Soup Served with grated cheese and carrot sandwiches	Mild Veggie Chilli A flavoursome vegetarian dish full of healthy veg, served cous cous & pitta fingers	Veggie Rice Pilaf Basmati rice with colourful vegetables
DESSERT & SNACKS	Healthy desserts of fresh fruit/natural yoghurt/stewed fruit/fruit purée are served for lunch and tea. Daytime snacks include fresh fruits, fresh vegetable sticks, rice cakes with vegetable purée etc.				

All dishes are homemade on site daily using fresh ingredients. Our sauces contains lots of 'hidden' veggies making them very tasting and nutritious. Food for babies is mashed and puréed accordingly. A full list of any allergens in each dish is available from your Nursery Manager.

