



# SAPPHIRES

NURSERY SCHOOL

*Where every child is precious*

## Autumn/Winter example menu

	Breakfast	AM Snack	Lunch	Pudding	PM Snack	Tea	Dessert
Monday	Dippy egg and wholemeal bread soldiers	Selection of organic fresh fruit,	Organic Braised Beef Cheeks with seasonal vegetables	Elderflower jelly with winter fruits	Selection of organic fresh fruit,	Cauliflower baked tots, fruit sticks, honey roasted chick peas	Banana bread
Tuesday	Yogurt topped with fresh fruit, oats or muesli	fruit pots, carrot and cucumber sticks, cheese chunks	Organic Vegetarian Shepherd's pie with sweet potato mash	Beetroot brownie		fruit pots, carrot and cucumber sticks, cheese chunks	Homemade organic chicken goujons crudites with houmous, cheese crackers
Wednesday	Porridge with organic milk, honey and fresh fruit		Organic chicken and mushroom pie served with sugar snaps and pancetta	Natural yoghurt with apple and cinnamon	marmite fingers, rice cakes and breadsticks available	Spinach and mushroom parcels, vegetable batons	Fruit kebabs Carrot cake
Thursday	Pancake filled with fromage frais, sliced strawberry or banana	marmite fingers, rice cakes and breadsticks available	Vegetable and bean curry with jasmine rice	Chocolate and pear flapjacks		Freshly made beans with vegetable wedges	Corgette cup cakes
Friday	Cereal topped with milk and sliced fresh fruit		Real fish fingers served with roasted vegetable batons	Seasonal fruit Salad	Organic egg and cress fingers, winter fruit crisps, red pepper and celery with yogurt and chive dip	Blueberry and oat nibbles	

Toddler and baby meals will be adjusted accordingly.  
Dietary and cultural needs will be met.

