

Trinity Day Care Nursery Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Toast and cereals	Toast, cereals and crumpets	Toast, cereals and plain muffins	Toast, cereals and fromage frais yoghurt	Toast and cereals
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
Fruit & Water Pear and apple with choice of warm milk or water	Fruit & Water Kiwi and oranges with milk and water	Fruit & Water Bread sticks and crackers with strawberry jam and cheese spread	Fruit & Water Peaches and pineapple with choice of milk or water	Fruit & Water Melon and tangerine with milk and water
Main Course	Main Course	Main Course	Main Course	Main Course
Couscous with chickpea curry and tortilla wrap Salad/Vegetables Cucumber and carrots	Meatballs in tomato sauce with mash potato Vegetarian option Quorn pieces in tomato sauce with mash potato Salad/Vegetables Steamed mixed vegetables	Jacket potatoes with baked beans, cheese Salad/Vegetables Carrots and tomatoes	Chicken biryani with grated cucumber in plain yoghurt Vegetarian option Tofu biryani with grated cucumber in plain yoghurt Salad/Vegetables Cucumber and lettuce	Pasta bake with salmon and steamed vegetables Vegetarian option Pasta bake with pulses and steamed vegetables Salad/Vegetables Cucumber and carrots
Dessert	Dessert	Dessert	Dessert	Dessert
Banana with custard	Rice pudding	Apple crumble with custard	Blancmange made with rich tea biscuits and custard	Fruit jelly
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
Crackers with cheese spread, jam and warm milk and water	Pear and apple with milk and water	Melon and tangerine with milk and water	Breadsticks with hummus with milk and water	Apples and grapes with milk and water
Tea	Tea	Tea	Tea	Tea
Homemade tomato soup with bread	Noodles with mixed vegetables	Tuna & sweet corn sandwiches Vegetarian option Cheese and tomato sandwiches	Beans on toast	Cheesy potato with carrots and tomatoes

It is important to encourage healthy eating habits from an early age and our sample menu gives you an idea of the kind of food we serve. Fresh water is served with all meals and is available throughout the day. Our meals are freshly cooked, on site, every day by our Nursery Cook (who is qualified in Food Hygiene). Meals are designed to meet the nutritional needs of a growing child with plenty of fresh fruit and vegetables accompanying every meal. Meal times are also occasions for social interaction – staff and children sit together to talk and share food; children are encouraged to help and feed themselves and understand the importance of eating well.

