

Tamba Day Nursery
Children's Food Menu

Fresh Water is served at all meal times.

1	Breakfast	Snack	Lunch	Dessert	Tea	Baby Substitute	Evening Snack
Monday	<u>A selection of;</u> Cereal Toast Fruit	Fresh Fruit/ Veg & Fresh Water	Vegetable pasta bake, topped with cheese (v) <i>Served with Salad</i> Babies: Blended	Chocolate and Vanilla Swirl	Homemade Pancakes and Salad (v)	Lentils slightly blended	Bread Stick & Milk
Tuesday	<u>A selection of;</u> Cereal Toast Fruit	Fresh Fruit/ Veg & Fresh Water	Baked Fish Fingers or Veggie Finger (v) <i>Served with creamy mash and peas</i> Babies: Blended	Fruit Yoghurt	Toasted waffles with beans (v)	Babies: Blended	Crackers & Milk
Wednesday	<u>A selection of;</u> Cereal Toast Fruit	Fresh Fruit/ Veg & Fresh Water	Mixed Vegetable Curry <i>Served with boiled rice</i> (v) Babies: Blended	Angel Delight with Fruit	Toasted Chicken & Salad Wraps Or Cheese & Salad Wraps(v)	Cous Cous	Rice Cake & Milk
Thursday	<u>A selection of;</u> Cereal Toast Fruit	Fresh Fruit/ Veg & Fresh Water	Quorn Mince Shepards Pie (v) Babies: Blended	Homemade Rice Pudding with Jam	Minestrone soup with buttered rolls	Babies: Blended	Bread Stick & Milk
Friday	<u>A selection of;</u> Cereal Toast Fruit	Fresh Fruit/ Veg & Fresh Water	Roast Chicken or Quorn Chicken (v) <i>Served with potatoes, veg, Yorkshire pudding and gravy</i> Babies: Blended	Strawberry or Vanilla milkshake	Spaghetti & Toast With Carrot Sticks (v)	Same	Biscuit & Milk

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2	Breakfast	Snack	Lunch	Dessert	Tea	Baby Substitute	Evening Snack
Monday	A selection of; Cereal Toast Fruit	Fresh Fruit/ Veg & Fresh Water	Egg Friend Rice Or Vegetable Fried Rice (v) <i>Served with Salad</i> Babies: Blended	Fairy cake and custard	Toad in the hole (v) (Veg Sausage with Yorkshire pudding and gravy)	Same	Bread Stick & Water
Tuesday	A selection of; Cereal Toast Fruit	Fresh Fruit/ Veg & Fresh Water	Macaroni Cheese (v) <i>Served with Salad</i>	Trifle	Selection of sandwiches Sandwich (v)	Flavoured Porridge	Crackers & Milk
Wednesday	A selection of; Cereal Toast Fruit	Fresh Fruit/ Veg & Fresh Water	Quorn Mince Lasagne (v) <i>Served with broccoli</i> Babies: Blended	Jam tart	Scrambled egg on toast or beans on toast (v)	Babies: Blended	Rice Cake & Milk
Thursday	A selection of; Cereal Toast Fruit	Fresh Fruit/ Veg & Fresh Water	Fish Pie with peas and topped with creamy mash or Cheese & Potato Pie (v) Babies: Blended	Fruit yoghurt	Tomato Soup (v) <i>Served with Toasted Bread</i>	Babies: Blended	Bread Stick & Milk
Friday	A selection of; Cereal Toast Fruit	Fresh Fruit/ Veg & Fresh Water	Vegetable Stew (v) <i>Served with buttered rolls</i> Babies: Blended	Flap jack	Chicken & Sweet corn Pizza Or Margarita Pizza (v) <i>Served with Potato Salad</i>	Babies: Blended	Biscuit & Milk

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3	Breakfast	Snack	Lunch	Dessert	Tea	Baby Substitute	Evening Snack
Monday	A selection of; Cereal Toast Fruit	Fresh Fruit/ Veg & Fresh Water	Jacket Potato (v) <i>Served with Beans, Cheese & Coleslaw</i> Babies: Blended	Banana and custard	Quorn chicken & Vegetable Noodles (v)	Babies: Blended	Bread Stick & Milk
Tuesday	A selection of; Cereal Toast Fruit	Fresh Fruit/ Veg & Fresh Water	Quorn Mince & Vegetable Spaghetti Bolognaise (v) Babies: Blended	Fruit Yoghurt	Cheese & Tomato's on Toast (v) <i>Served with Salad</i>	Same	Crackers & Milk
Wednesday	A selection of; Cereal Toast Fruit	Fresh Fruit/ Veg & Fresh Water	Fish Cake or Veggie Finger (v) <i>Served with peas and creamy mash</i> Babies: Blended	Apple pie and custard	Quorn mince and noodle soup with buttered bread (v)	Lentils	Rice Cake & Milk
Thursday	A selection of; Cereal Toast Fruit	Fresh Fruit/ Veg & Fresh Water	Greek mousakka (v) <i>Served with Salad</i> Babies: Blended	Peach slices	Pita bread slices and carrot sticks (v) <i>Served with Dips</i>	Babies: Blended	Bread Stick & Milk
Friday	A selection of; Cereal Toast Fruit	Fresh Fruit/ Veg & Fresh Water	Chicken & Vegetable Curry Or Vegetable Curry (v) <i>Served with Paratha</i> Babies: Blended	Jelly	Tuna & Sweet corn Pasta Or Vegetable Pasta (v)	Cous Cous	Biscuit & Milk

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