

Tamba Day Nursery
Winter Menu

Wk 1	Breakfast 8 – 8.30	Snack 10am	Lunch 11.30am	Dessert After lunch	Tea 3.15pm	Dessert Served after Tea	Evening Snack 5pm
Monday	Porridge <u>or</u> Crumpets both served with banana	Fresh Fruit, <u>rice cakes</u> & Fresh Water/ Milk Plums	Creamy chicken and mushroom carbonara Pea, mushroom & tofu carbonara (V)	Stewed apple topped with free-from oats	Mixed bean chilli with peppers & jacket potato (V)	Natural Greek yoghurt	Peppers with homemade hummus (V)
Tuesday	Weetabix <u>or</u> cornflakes both served with apple slices	Fresh Fruit/ Veg & Fresh Water/ Milk. Carrot stick	Ratatouille (<i>Courgette, Tomato and sweet potato</i>) served with brown rice & lentils (V)	Natural yoghurt & berries	Chickpea, potato & spinach curry (V)	Seasonal Fruit Salad	Crackers & butter (V)
Wednesday	A choice of toast <u>or</u> crumpets both served with satsumas	Fresh Fruit/ Veg & Fresh Water/ Milk Kiwi	Homemade salmon & white fish pie served with carrots Creamy cauliflower, broccoli & chickpea bake served with sliced carrots (V)	Rice pudding with griddled peaches	Wholemeal Warm pita stuffed with hummus & root vegetables (<i>courgette, carrots & parsnips</i>) (V)	Natural Greek yoghurt with sultanas	Breadsticks with warm milk (V)
Thursday	Porridge <u>or</u> wholemeal toast both served with raisins	Fresh Fruit, <u>Crackers</u> & Fresh Water/ Milk Melons	Cannelloni bean stew served with couscous & green beans (V)	Fruit salad	Butternut squash & lentil soup with wholemeal bread (V)	Banana slices	Rice cakes & cream cheese (V)
Friday	Rice krispies <u>or</u> Multi-grain hoops both served with chopped plums	Fresh Fruit/ Veg & Fresh Water/ Milk Pears	Halal chicken sausages toad in the hole with carrots and veg gravy Quorn sausage toad in the hole with carrots and veg gravy (V)	Healthy, homemade banana bread	Tofu and vegetable (<i>Peas, carrots, green beans</i>) rice stir fry	Fromage Frais	Warm crumpets & butter (V)

Please note:

Under 1's only served breakfast, lunch & tea

Variety of white & wholemeal breads offered

All children who are weaning will have a personalised menu

Fresh Water served throughout the day & fresh Milk offered at all snack times

Tamba Day Nursery Olympic Park's autumn/winter menu is planned to meet the Eat Better Start Better food and drink guidelines and has received approval from the Early Start Nutrition team. Our menus are nutritionally balanced and reflect dietary and cultural requirements. *Please note, menus for individual children with medical requirements (e.g. allergies) are not included in this review.



Tamba Day Nursery
Winter Menu

Wk 2	Breakfast 8 – 8.30	Snack 10am	Lunch 11.30am	Dessert After lunch	Tea 3.15pm	Dessert Served after Tea	Evening Snack 5pm
Monday	Rice krispies or Weetabix both served with satsumas	Fresh Fruit/ Veg & Fresh Water/ Milk. Kiwi	Tuna or Quorn mince (V) wholewheat pasta bake served with green beans	Poached pear with custard	Homemade dhal made with tomatoes served with wholemeal pita (V)	Watermelon chunks	Rice cakes with cream cheese (V)
Tuesday	Porridge or Multi-grain hoops both served with berries	Fresh Fruit/ Veg breadsticks & Fresh Water/ Milk Carrot sticks	Mixed bean stacked quesadilla served with diced sautéed potatoes & Guacamole. (V)	Rice pudding topped with strawberries	Creamy Cauliflower, broccoli & chickpea pasta bake (V)	Fromage Frais	Crackers & butter (V)
Wednesday	A choice of wholemeal toast or crumpets both served with banana	Fresh Fruit/ Veg & Fresh Water/ Milk Plums	Sweet and sour chicken served with peppers & wholewheat noodle's Sweet and sour vegetable noodle's served with peppers & edamame beans (V)	Scotch pancakes with bananas	Butterbean & Veg (courgette, carrots & parsnips) soup served with wholemeal bread (V)	Banana slices	Smashed Avocado Bagels (V)
Thursday	Porridge or Weetabix both served with apple slices	Fresh Fruit, Crackers & Fresh Water/ Milk. Pears	Lentil shepherd's pie served with Broccoli (V)	Healthy chocolate brownie	Melted cheese & baked beans on crumpets with cherry tomatoes	Natural Greek yoghurt with sultanas	Cucumber and carrots sticks with homemade hummus (V)
Friday	A choice of wholemeal toast or crackers served with melon	Fresh Fruit/ Veg & Fresh Water/ Milk Melons	Butternut squash, cauliflower & chickpea curry served with basmati rice (V)	Natural yoghurt with pineapple chunks	Chicken, carrot stew & dumplings Carrot, cannelloni bean stew & dumplings (V)	Seasonal fruit salad	Breadsticks with warm milk (V)

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Wk 3	Breakfast 8 – 8.30	Snack 10am	Lunch 11.30am	Dessert After lunch	Tea 3.15pm	Dessert Served after Tea	Evening Snack 5pm
Monday	A choice of wholemeal toast or crumpets & apple slices	Fresh Fruit/ Veg & Fresh Water/ Milk Carrot sticks	Baked fish fingers, sweet potatoes and peas or beans Vegetarian fingers with sweet potato and peas or beans (V)	Apple with cinnamon	Vegetable (Carrots, peppers and beansprouts) & tofu chow mien (V)	Peaches & plums	Breadsticks with warm milk (V)
Tuesday	Weetabix or cornflakes both served with peaches	Fresh Fruit, rice cakes & Fresh Water/ Milk Kiwi	Vegetable & kidney bean lasagne with broccoli (V)	Banana with custard	Homemade lentil & Carrot soup served with wholemeal bread (V)	Fromage Frais	Sliced peppers with homemade hummus (V)
Wednesday	Porridge or Multi-grain hoops both served with Banana slices	Fresh Fruit/ Veg & Fresh Water Melons	Halal chicken biriyani made with brown rice & spinach Cauliflower, spinach & brown lentil biryani (V)	Warm stewed berries with natural yoghurt	Macaroni & leek Cheese with a side of Edamame (V)	Kiwi & pears	Smashed avocado & bagels (V)
Thursday	Porridge or wholemeal toast served berries	Fresh Fruit/ breadsticks & Fresh Water/ Milk. Plums	Homemade wedges with mixed bean & red pepper chilli con carne (V)	Individual filo pastry peach tart	Wholemeal pita cheese & sweetcorn pizzas with hummus dip (V)	Seasonal Fruit Salad	Crumpets with butter (V)
Friday	Rice krispies or Multi-grain hoops both with a serving of sliced plums	Fresh Fruit/ Veg & Fresh Water Pears	Roast chicken dinner with stuffing, Yorkshire pudding and mash & green beans Quorn chicken with Yorkshire pudding, mash & green beans (V)	Rice pudding with sultanas	Caribbean rice & peas (kidney beans) served with homemade vegan slaw (Grated carrot & cabbage & vegan mayonnaise) (V)	Natural Greek yoghurt	Rice cakes with cream cheese (V)

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