

Tamba Day Nursery
Winter Menu 2021
 (Oct 2021- March 2022)

Wk 1	Breakfast	Snack	Lunch	Dessert	Tea	Evening Snack
Monday	Banana with Porridge or Crumpets	Fresh Fruit/ Veg & Fresh Water	Creamy chicken and mushroom carbonara	Stewed apple topped with free-from oats	Homemade vegetable soup with homemade croutons (V)	Cucumber and carrots sticks with homemade hummus (V)
		Smashed Avocado	Pea and mushroom carbonara (V) Babies: Blended			
Tuesday	Warm milk with Weetabix or cornflakes	Fresh Fruit/ Veg & Fresh Water Pineapple	Ratatouille served with basmati rice (V) Babies: Blended	Banana pastries	Mixed bean and potato pie topped with cheese (V)	Warm croissants (V)
Wednesday	Cheerio's or rice krispies	Fresh Fruit/ Veg & Fresh Water	Homemade fish pie topped with sliced potatoes and served with sliced carrots	Rice pudding with griddled peaches	Scrambled egg with toast and homemade beans (V)	Breadsticks with warm milk (V)
		Watermelon	Creamy cauliflower and broccoli bake topped with sliced potatoes and served with sliced carrots (V) Babies: Blended			
Thursday	Berry porridge or toast	Fresh Fruit/ Veg & Fresh Water Peaches	Cannelloni bean stew with Couscous (V) Babies: Blended	Warm homemade banana sponge	Homemade cheese and bean pastry cases with a side of cherry tomatoes (V)	Rice cakes with cream cheese (V)
Friday	Boiled eggs with toast or choice of cereal	Fresh Fruit/ Veg & Fresh Water Carrot/ cucumber	Quorn toad in the hole with carrots and veg gravy (V) Babies: Blended	Oven baked plums topped with oats and served with warm custard (healthy crumble alternative)	Chicken and vegetable rice stir fry Mixed vegetable rice stir fry (V)	Rich tea biscuit or fruit wafer with milk (V)

Fresh Water is served at all meal times.

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Wk 2	Breakfast	Snack	Lunch	Dessert	Tea	Evening Snack
Monday	Boiled eggs with toast or choice of cereal	Fresh Fruit/ Veg & Fresh Water Carrot/ cucumber	Tuna pasta bake served with green beans (V) Babies: Blended	Poached pear with custard	Homemade dhal with pita (V)	Rice cakes with cream cheese (V)
Tuesday	Banana with porridge or crumpets	Fresh Fruit/ Veg & Fresh Water Peaches	Mixed bean stacked quesadilla served with diced sautéed potatoes. (V) Babies: Blended <i>As recommended by Taran's mum</i>	Rice pudding topped with homemade jam	Cauliflower and broccoli bake topped with homemade breadcrumbs (V)	Warm croissants (V)
Wednesday	Cheerio's or rice krispies	Fresh Fruit/ Veg & Fresh Water Smashed Avocado	Sweet and sour chicken served with noodle's quorn chicken served with noodles. Babies: Blended	Homemade individual blueberry berry muffins served warm	Cheese and tomato toastie served with a side of sweetcorn (V)	Rich tea biscuit or fruit wafer with milk (V)
Thursday	Berry porridge or toast	Fresh Fruit/ Veg & Fresh Water Watermelon	Lentil shepherd's pie (V) Babies: Blended <i>As recommended by Gabriela's mum</i>	Healthy chocolate brownie	Savoury egg muffins with chives served with roasted half tomatoes (V)	Cucumber and carrots sticks with homemade hummus (V)
Friday	Warm milk with Weetabix or cornflakes	Fresh Fruit/ Veg & Fresh Water Pineapple	Butternut squash and cauliflower curry served with saffron rice (V) Babies: Blended	Natural yoghurt with warm pineapple chunks	Chicken stew with dumplings Winter vegetable stew with dumplings (V)	Breadsticks with warm milk (V)

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Wk 3	Breakfast	Snack	Lunch	Dessert	Tea	Evening Snack
Monday	Boiled eggs with toast or choice of cereal	Fresh Fruit/ Veg & Fresh Water Watermelon	Baked fish fingers, sweet potatoes and peas	Homemade oat bars served with warm milk	Vegetable chow mien noodles (V)	Breadsticks with warm milk (V)
			Vegetarian fingers with sweet potato and peas (V)			
Tuesday	Banana with porridge or crumpets	Fresh Fruit/ Veg & Fresh Water Pineapple	Vegetable lasagne with broccoli (V) Babies: Blended	Banana with custard	Homemade butternut squash soup served with toasted bagels (V)	Cucumber and carrots stick with homemade hummus (V)
Wednesday	Warm milk with Weetabix or cornflakes	Fresh Fruit/ Veg & Fresh Water. Peaches	Halal chicken biriyani with spinach	Warm stewed berries with natural yoghurt	Breaded Macaroni & Cheese (V) <i>As recommended by Olivia's mum</i>	Rice cakes with cream cheese (V)
			Cauliflower, chickpea and spinach biryani (V) Babies: Blended			
Thursday	Berry porridge or toast	Fresh Fruit/ Veg & Fresh Water Avocado	Homemade wedges with mild Quorn chilli con carne (V) Babies: Blended	Individual filo pastry peach tart	Baked sweet potato, peppers and tomatoes topped with feta cheese (V)	Rich tea biscuit or fruit wafer with milk (V)
Friday	Cheerio's or Cheerio's or rice krispies rice krispies	Fresh Fruit/ Veg & Fresh Water Carrot/ cucumber	Roast chicken dinner with stuffing, Yorkshire pudding and mash	Rice pudding with sultanas	Oven Homemade pizzas with homemade coleslaw (V)	Warm croissants (V)
			Quorn roast chicken dinner with stuffing, Yorkshire pudding and mash (V) Babies: Blended			

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