

**Tamba Day Nursery**  
**Children's Food Menu**

*Fresh Water is served at all meal times.*

<b>1</b>	<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Dessert</b>	<b>Tea</b>	<b>Baby Substitute</b>	<b>Evening Snack</b>
<b>Monday</b>	<b>A selection of;</b> Cereal Toast Fruit	<b>Fresh Fruit/ Veg&amp; Fresh Water</b>	<b>Vegetable pasta bake</b> Served with salad (v) <b>Babies: Blended</b>	<b>Ice cream</b>	<b>Potato wedges with spaghetti hoops (v)</b>	<b>Babies: Blended</b>	<b>One of the following:</b>  Breadsticks Raisins Fruit Salad Or crackers  <b>And</b>  A choice of milk or water
<b>Tuesday</b>	<b>A selection of;</b> Cereal Toast Fruit	<b>Fresh Fruit/ Veg&amp; Fresh Water</b>	<b>Quorn Carribean (v)</b> <b>Chicken</b> <i>With Rice &amp; black eyed peas</i> <b>Babies: Blended</b>	<b>Fairy cakes and custard</b>	<b>Selection of sandwiches</b>	<b>Babies: Blended</b>	
<b>Wednesday</b>	<b>A selection of;</b> Cereal Toast Fruit	<b>Fresh Fruit/ Veg&amp; Fresh Water</b>	<b>Broccoli &amp; Salmon bake</b> (v) Served with salad <b>Babies: Blended</b>	<b>Fruit yoghurt</b>	<b>Summer tomato soup served with bread (v)</b>	<b>Babies : same</b>	
<b>Thursday</b>	<b>A selection of;</b> Cereal Toast Fruit	<b>Fresh Fruit/ Veg&amp; Fresh Water</b>	<b>Vegetable stir fry with noodles</b> (v) <b>Babies: Blended</b>	<b>Jelly</b>	<b>Frittata (mixed veg) OR Vegetable rice (v)</b>	<b>Babies: Blended</b>	
<b>Friday</b>	<b>A selection of;</b> Cereal Toast Fruit	<b>Fresh Fruit/ Veg&amp; Fresh Water</b>	<b>Quorn Mince Shepherds Pie (v)</b> Served with carrots <b>Babies: Blended</b>	<b>Fruit Salad</b>	<b>Penne tomato pasta served with grated cheese (v)</b>	<b>Babies: Blended</b>	

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<b>2</b>	<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Dessert</b>	<b>Tea</b>	<b>Baby Substitute</b>	<b>Evening Snack</b>
<b>Monday</b>	<u>A selection of:</u> Cereal Toast Fruit	<b>Fresh Fruit/ Veg&amp; Fresh Water</b>	<b>Quorn chilli Con carne with rice (v)</b> <i>Served with Salad</i>  <b>Babies: Blended</b>	<b>Fruit Yoghurt</b>	<b>Quorn chicken wraps (v)</b>	<b>Babies: Veg cous cous blended</b>	<b>One of the following:</b>  Breadsticks Raisins Fruit Salad Or crackers  <b>And</b>  A choice of milk or water
<b>Tuesday</b>	<u>A selection of:</u> Cereal Toast Fruit	<b>Fresh Fruit/ Veg&amp; Fresh Water</b>	<b>Tuna and sweetcorn or veg and sweetcorn (v)</b> <b>wholemeal pasta</b> <i>Served with Salad</i>  <b>Babies: Blended</b>	<b>Honey &amp; oat flap jacks</b>	<b>Selection of sandwiches (v)</b>	<b>Home made veg soup</b>	
<b>Wednesday</b>	<u>A selection of:</u> Cereal Toast Fruit	<b>Fresh Fruit/ Veg&amp; Fresh Water</b>	<b>Vegetable Chow mein (v)</b>  <b>Babies: Blended</b>	<b>Jelly</b>	<b>Pitta filled with cheese and salad (v)</b>	<b>Babies: Tomato &amp; Veg pasta blended</b>	
<b>Thursday</b>	<u>A selection of:</u> Cereal Toast Fruit	<b>Fresh Fruit/ Veg&amp; Fresh Water</b>	<b>Chicken curry with paratha &amp; rice</b> <b>Quorn chicken curry with paratha &amp; rice (v)</b> <i>Served with Salad</i> <b>Babies: Blended</b>	<b>Fruit salad</b>	<b>Scrambled Egg on toast (v)</b>	<b>Babies: Blended</b>	
<b>Friday</b>	<u>A selection of:</u> Cereal Toast Fruit	<b>Fresh Fruit/ Veg&amp; Fresh Water</b>	<b>Bean stew and mash potato (v)</b>  <b>Babies: Blended</b>	<b>Angel delight</b>	<b>Vegetable rice (v)</b>	<b>Babies: blended</b>	

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<b>3</b>	<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Dessert</b>	<b>Tea</b>	<b>Baby Substitute</b>	<b>Evening Snack</b>
<b>Monday</b>	<b>A selection of:</b> Cereal Toast Fruit	<b>Fresh Fruit/ Veg&amp; Fresh Water</b>	<b>Quorn spaghetti Bolognese served with Salad</b> <b>Babies: Blended</b>	<b>Fruit Yoghurt</b>	<b>Pitta pizza with salad</b> <b>(v)</b>	<b>Babies: Homemade soup</b>	<b>One of the following:</b>  Breadsticks Raisins Fruit Salad Or crackers  <b>And</b>  A choice of milk or water
<b>Tuesday</b>	<b>A selection of:</b> Cereal Toast Fruit	<b>Fresh Fruit/ Veg&amp; Fresh Water</b>	<b>Vegetable curry (v)</b> <i>Served with rice</i> <b>Babies: Blended</b>	<b>Apple crumble with Custard</b>	<b>Potato croquets with beans</b> <b>(v)</b>	<b>Blended</b>	
<b>Wednesday</b>	<b>A selection of:</b> Cereal Toast Fruit	<b>Fresh Fruit/ Veg&amp; Fresh Water</b>	<b>Vegetable pasta bake (v) Served with salad</b> <b>Babies: Blended</b>	<b>Rice pudding</b>	<b>Lentil Soup Served with Bread</b> <b>(v)</b>	<b>Same</b>	
<b>Thursday</b>	<b>A selection of:</b> Cereal Toast Fruit	<b>Fresh Fruit/ Veg&amp; Fresh Water</b>	<b>Fish pie or vegetable pie (v)</b> <i>Served with peas</i> <b>Babies: Blended</b>	<b>Jelly</b>	<b>Macaroni and cheese</b> <b>(v)</b>	<b>Blended</b>	
<b>Friday</b>	<b>A selection of:</b> Cereal Toast Fruit	<b>Fresh Fruit/ Veg&amp; Fresh Water</b>	<b>Roast Chicken, mixed veg, roasted Potatoes with Yorkshire Pudding (Quorn Chicken) (v)</b> <b>Babies: Blended</b>	<b>Fruit salad with ice cream</b>	<b>Selection of sandwiches</b> <b>(v)</b>	<b>Veg cous Cous Blended</b>	

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