

5 WEEK AFTERNOON TEA - MEAL PLANNER

Celebrating
21 years in
childcare

21

The
KIDDIES
Day Nursery



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	5 Pizza slices Coleslaw Seasonal fruit pot	4 Tuna/sweetcorn open rolls Cake Seasonal vegetable pot	3 Cheese/marmite sandwiches Cake Seasonal fruit pot	2 Jam sandwiches Cake Seasonal vegetable pot	1 Ham/tomato/salad cream Sandwiches Cake Yoghurt/Fromage frais
WEEK 2	4 Salmon/cucumber sandwiches Cake Seasonal vegetable pot	5 Cheese & ham sandwiches Plain popcorn Seasonal fruit pot	1 Chicken/coleslaw sandwiches Cake Yoghurt/Fromage frais	3 Egg/salad cream sandwiches Cake Seasonal fruit pot	2 Meat paste sandwiches Cake Seasonal vegetable pot
WEEK 3	2 Cheese spread sandwiches Carrot/cucumber sticks Yoghurt/Fromage frais	1 Turkey/mayonnaise sandwiches Cake Seasonal vegetable pot	5 Lemon curd sandwiches Scotch eggs Seasonal fruit pot	4 Sardines/tomato open rolls Cake Seasonal vegetable pot	3 Cheese/pickle sandwiches Carrot/cucumber sticks Seasonal fruit pot
WEEK 4	3 Fresh tomato tart Cake Seasonal fruit pot	2 Cheese twists Malt loaf Yoghurt/Fromage frais	1 Ham/lettuce/tomato sandwiches + Rice cakes Seasonal vegetable pot	5 Lemon curd sandwiches Cherry tomatoes/ Cucumber Yoghurt/Fromage frais	4 Sardine/cucumber open rolls Cake Seasonal vegetable pot
WEEK 5	4 Tuna/mayonnaise sandwiches + Ginger bread men Seasonal vegetable pot	3 Banana sandwiches Vegetable crisps Seasonal fruit pot	2 Pitta pockets – cheese/ salad/ mayo Mini Quiches Mini fruit cakes	1 Chicken/tomato sandwiches Cake Seasonal fruit pot	5 Fruit preserve sandwiches Malt loaf Yoghurt/Fromage frais

Sandwiches are served on a variety of fresh breads – white bread, wholemeal, granary, multi-grain, rolls,

SNACKS : Served at 10am and 2pm(babies)/3pm(toddlers) – from a selection of: breadsticks, sweet and/or savoury flapjack, dried fruits, rice cakes, cereal bars

5 WEEK AFTERNOON TEA - MEAL PLANNER Meal selection rotated over 5 selections: **1** = Traditional roast **2** = Multi-Cultural **3** = Vegetarian **4** = Fish **5** = Fast food choice