

5 WEEK LUNCH - MEAL PLANNER

Celebrating
21 years in
childcare

21

The
KIDDIES
Day Nursery



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	1 Roast beef, roast potatoes, carrots and broccoli/gravy Fromage frais/Yogurt	2 Sweet and sour pork, rice and prawn crackers Baked rice pudding	3 Vegetarian lasagne, garlic bread Selection of fresh fruit	4 Cod in parsley sauce, new potatoes and green beans Fruit salad	5 Toad in the hole, peas, gravy Seasonal crumble and custard
WEEK 2	2 Chicken Korma, rice and naan bread Fruit tart and custard	3 Vegetable cottage pie served with crusty bread Bread and butter pudding	4 Flakes of fish in creamy sauce served with pasta Selection of fresh fruit	5 Beef burgers in gravy, potato wedges, green beans Fromage frais/Yogurt	1 Roast Pork, mash, carrots, sweet corn, gravy, apple sauce Fruit salad
WEEK 3	3 Macaroni cheese served with crusty bread Fruit salad	4 Tuna pasta bake, garlic bread Apple pie and custard	5 Sausage, baked beans and chips Baked rice pudding	1 Roast chicken, potatoes, peas, cauliflower, gravy Selection of fresh fruit	2 Chilli Con Carne served over a bed of rice Fromage frais/Yogurt
WEEK 4	4 Fisherman's pie, peas and sweetcorn Fromage frais/Yogurt	5 Chicken nuggets, baked beans and chips Fruit salad	1 Roast turkey, roast potatoes, cauliflower, broccoli, gravy Bananas and custard	2 Spaghetti Bolognese served with garlic bread Bread and butter pudding	3 Vegetable risotto served with crusty bread Selection of fresh fruit
WEEK 5	5 Lasagne, peas garlic bread Selection of fresh fruit	1 Roast Lamb, mashed potatoes, swede, carrots, gravy, mint sauce Fromage frais/Yogurt	2 Chicken Chasseur served on a bed of rice Fruit salad	3 Cheese and potato pie, baked beans Sponge pudding, custard	4 Fish cakes, boiled potatoes, sweetcorn, cheese sauce Baked rice pudding

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