

Menu - Week One

The menu is planned on a 3-weekly basis.
Changes may occur due to supply.


BIJOU
- Nursery & Crèche -

MONDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Seasonal Fresh Fruit
Lunch	Vegetable Curry. Naan Bread
Afternoon Snack	Cream Crackers & Cucumber sticks
Tea	Beans on Toast

TUESDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Breadsticks & Hummus & Cherry Tomatoes
Lunch	Spaghetti & Meatballs. Natural Yoghurt
Afternoon Snack	Seasonal Fresh Fruit
Tea	Selection of Sandwiches

WEDNESDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Carrot & Cucumber Sticks
Lunch	Ocean Pie. Fruit salad
Afternoon Snack	Seasonal Fresh Fruit
Tea	Soup with Fresh Bread

THURSDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Seasonal Fresh Fruit
Lunch	Lasagne. Garlic Bread
Afternoon Snack	Rice Cakes & Carrot Sticks
Tea	Pitta Pizza

FRIDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Oat Cakes & Cherry Tomatoes
Lunch	Sausage, Mashed Potato & Gravy. Fresh Fruit
Afternoon Snack	Seasonal Fresh Fruit
Tea	Savoury Rice



Menu - Week Two

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MONDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Seasonal Fresh Fruit
Lunch	Fishcakes, Potatoes and Vegetables. Natural Yoghurt
Afternoon Snack	Rice Cakes & Cucumber Sticks
Tea	Toasted Panini's

TUESDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Seasonal Fresh Fruit
Lunch	Chicken & Vegetable Pie. Fresh Fruit
Afternoon Snack	Breadsticks & Guacamole & Pepper Sticks
Tea	Cheese Ploughman's

WEDNESDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Cream Crackers & Cucumber stick
Lunch	Sweet & Sour Vegetables with Rice, Natural Yog
Afternoon Snack	Seasonal Fresh Fruit
Tea	Cheese Pasta

THURSDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Seasonal Fresh Fruit
Lunch	Cottage Pie. Homemade Rice Pudding
Afternoon Snack	Vegetable Sticks & Dips
Tea	Selection of Wraps

FRIDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Seasonal Fresh Fruit
Lunch	Spaghetti Carbonara. Garlic Bread
Afternoon Snack	Oat Cakes with Cherry Tomatoes
Tea	Selection of Sandwiches



Menu - Week Three

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BIJOU
- Nursery & Crèche -

MONDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Seasonal Fresh Fruit
Lunch	Chicken Ramen. Prawn Crackers
Afternoon Snack	Vegetable Sticks
Tea	Choice of Bagels

TUESDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Breadsticks, Vegetable Sticks & Dip
Lunch	Salmon & Broccoli Pasta Bake. Garlic Bread
Afternoon Snack	Seasonal Fresh Fruit
Tea	Risotto

WEDNESDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Seasonal Fresh Fruit
Lunch	Roast Chicken Dinner. Natural Yoghurt
Afternoon Snack	Rice Cakes with Cucumber Sticks
Tea	Bruschetta

THURSDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Seasonal Fresh Fruit
Lunch	3 Bean Chilli & Rice, Fresh Fruit
Afternoon Snack	Crackers & Cheese with Cucumber Sticks
Tea	Jacket Potatoes

FRIDAY

Breakfast	Choice of Cereal, Toast or Crumpets
Morning Snack	Vegetable Sticks
Lunch	Spaghetti Bolognese. Sugar Free Jelly
Afternoon Snack	Seasonal Fresh Fruit
Tea	Cheese & Tomato Flatbread

