

Healthy Kids Weekly Menu

Week- 1

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Breakfast</i>	<i>Assorted Cereals & Toast</i>	<i>Assorted Cereals & Toast</i>	<i>Assorted Cereals & Toast</i>	<i>Assorted Cereals & Toast</i>	<i>Assorted Cereals & Toast</i>
<i>Lunch</i>	<i>Pasta Bolognese</i>	<i>Corned Beef Hash</i>	<i>Roast of the Day</i>	<i>Fisherman's Pie with Beans</i>	<i>Sweet and Sour Chicken with Rice</i>
<i>Dessert</i>	<i>Bananas & Custard</i>	<i>Fresh Fruit Salad</i>	<i>Rice Pudding & Jam</i>	<i>Jelly & Ice Cream</i>	<i>Angel Whirl</i>
<i>Snack</i>	<i>Assorted Sandwiches</i>	<i>Spaghetti on Toast</i>	<i>Open Assorted Sandwiches</i>	<i>Cheese & Crackers</i>	<i>Salad Platter & Wraps</i>
<i>Dessert</i>	<i>Fresh Fruit Platter</i>	<i>Fromage Frais</i>	<i>Sliced Melon</i>	<i>Choice of Fruit</i>	<i>Fromage Frais</i>

- ❖ *Vegetarian option will be available daily if required..... Babies that are being weaned have their food chopped/blended*
- ❖ *Fresh drinking water is available throughout the day..... Babies are offered cooled boiled water when appropriate*

Healthy Nus Weekly Menu

Week- 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast</i>	<i>Assorted Cereals & Toast</i>	<i>Assorted Cereals & Toast</i>	<i>Assorted Cereals & Toast</i>	<i>Assorted Cereals & Toast</i>	<i>Assorted Cereals & Toast</i>
<i>Lunch</i>	<i>Hot Pot with Crusty Bread</i>	<i>Veggie Sausage, Potatoes, Peas with Gravy</i>	<i>Tuna Pasta Bake with Garlic Bread</i>	<i>Chicken Casserole</i>	<i>Cottage Pie with Broccoli & Gravy</i>
<i>Dessert</i>	<i>Fromage Frais</i>	<i>Fresh Fruit Salad</i>	<i>Bananas & Custard</i>	<i>Pineapple</i>	<i>Angel Whirl</i>
<i>Snack</i>	<i>Sliced Meat Platter with Salad</i>	<i>Beans on Toast</i>	<i>Open Assorted Barm Cakes</i>	<i>Cream Crackers, Breadsticks & Dips</i>	<i>Ham & Cucumber Sandwiches</i>
<i>Dessert</i>	<i>Fresh Fruit Platter</i>	<i>Rice Pudding & Jam</i>	<i>Sliced Melon</i>	<i>Fromage Frais</i>	<i>Choice of Fruit</i>

- ❖ *Vegetarian option will be available daily if required.....Babies that are being weaned have their food chopped/blended*
- ❖ *Fresh drinking water is available throughout the day.....Babies are offered cooled boiled water when appropriate*

Healthy Nus Weekly Menu

Week-3

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast</i>	<i>Assorted Cereals & Toast</i>	<i>Assorted Cereals & Toast</i>	<i>Assorted Cereals & Toast</i>	<i>Assorted Cereals & Toast</i>	<i>Assorted Cereals & Toast</i>
<i>Lunch</i>	<i>Beef Stew with Dumplings</i>	<i>Fisherman's Pie with Beans</i>	<i>Spaghetti Bolognese with Garlic Bread</i>	<i>Roast Chicken with Vegetables</i>	<i>Shepherd's Pie with Mixed Vegetables</i>
<i>Dessert</i>	<i>Jelly & Ice Cream</i>	<i>Fresh Fruit Platter</i>	<i>Fromage Frais</i>	<i>Melon and Pineapple</i>	<i>Angel Whirls</i>
<i>Snack</i>	<i>Assorted Sandwiches</i>	<i>Cheese, Crackers, Breadsticks & Dips</i>	<i>Assorted Sandwiches</i>	<i>Spaghetti on Toast</i>	<i>Meat Platter with Dips</i>
<i>Dessert</i>	<i>Fruit Loaf</i>	<i>Bananas & Custard</i>	<i>Fresh Fruit Platter</i>	<i>Fromage Frais</i>	<i>Sliced Melon</i>

- ❖ *Vegetarian option will be available daily if required.....Babies that are being weaned have their food chopped/blended*
- ❖ *Fresh drinking water is available throughout the day.....Babies are offered cooled boiled water when appropriate*