

Kidzrus Nursery Summer Menu

Week One



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|--|------------------------------------|--|---|
| Breakfast | Selection of cereals & toast | Selection of cereals & toast | Selection of cereals & toast | Selection of cereals & toast | Selection of cereals & toast |
| Dinner | Meat free spaghetti bolognese served with cheesy garlic bread | Chefs special Italian margarita pizza with potato wedges & sweetcorn | Creamy chicken & broccoli risotto | Cheese & tomato quiche with new potatoes & homemade coleslaw | Fajitas with Mexican rice |
| Dessert | Fromage Frais | Banana Crunch | Natural yoghurt with fruit compote | Chocolate & banana muffins | Peaches & cream |
| Snack | Pitta bread, cucumber & carrot sticks with humus | Sandwiches with a selection of filling | Ploughman's platter | Toasted bagels with cream cheese | Croissants with a selection of fillings |
| Fruit | Fruit Platter | Fruit Platter | Fruit Platter | Fruit Platter | Fruit Platter |

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Week Two



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|--|---|---|--|-------------------------------|
| Breakfast | Selection of cereals & toast | Selection of cereals & toast | Selection of cereals & toast | Selection of cereals & toast | Selection of cereals & toast |
| Dinner | Tuna pasta bake with Garlic bread | Roast chicken served with roast potatoes; seasonal vegetables topped with a Yorkshire pudding | Homemade Cheese & onion pie with new potatoes & beans | Fish pie topped with sweet potato mash & minted peas | Jacket potato, cheese & beans |
| Dessert | Fromage Frais | Strawberries & ice cream | Fromage frais | Greek yoghurt with mango puree | Blueberry muffins |
| Snack | Crackers, cheese, cucumber sticks & dips | Quesadillas with a salad garnish | Sandwiches with a selection of filling | Cheese & courgettes muffins | Rainbow pitta pizzas |
| Fruit | Fruit Platter | Fruit Platter | Fruit Platter | Fruit Platter | Fruit Platter |

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Week Three



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|------------------------------------|--|---|---|
| Breakfast | Selection of cereals & toast | Selection of cereals & toast | Selection of cereals & toast | Selection of cereals & toast | Selection of cereals & toast |
| Dinner | Mighty Mac n cheese served with tomato & cucumber salad | Hola! Spanish chicken with rice | Cherry tomato & mozzarella pasta with garlic flatbread | Sweet potato curry served with chapati & rice | Lasagne with garlic bread & salad |
| Dessert | Ice cream | Fromage frais | Apple Pie served with crème fresh | Strawberry cheesecake | Chocolate mousse |
| Snack | Crumpets with cheese slices | Wraps with a selection of fillings | Tuna crunch | Wholemeal cheese sandwiches served with cherry tomatoes | Sweetcorn fritters served with cucumber dip |
| Fruit | Fruit Platter | Fruit Platter | Fruit Platter | Fruit Platter | Fruit Platter |