

# Shooting Stars Nurseries - Sample Menus



We strongly believe that healthy eating in the early years helps to form a good foundation to support a healthy lifestyle and positive attitudes towards food as we grow up. Our 4 weekly rotating menus are updated regularly to ensure plenty of variety. All menus are carefully planned incorporating feedback from the children and parents, which helps us to provide a healthy and balanced diet that the children enjoy. All meals and snacks are freshly prepared by our onsite nursery cook, taking into account weaning stages and special dietary requirements. We adhere strictly to food hygiene standards at all times.

Please speak to the Nursery Manager to discuss your child's individual requirements and to find out more about allergen information.

## Spring/Summer Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals & toast served with fresh fruit juice or a choice of fresh fruit	Cereals & toast served with fresh fruit juice or a choice of fresh fruit	Cereals & toast served with fresh fruit juice or a choice of fresh fruit	Cereals & toast served with fresh fruit juice or a choice of fresh fruit	Cereals & toast served with fresh fruit juice or a choice of fresh fruit
Snack	Breadsticks, satsuma & melon	Crackers, red pepper & pear	Oatcakes, cucumber & carrot	Rice cakes, grapes & apple	Breadsticks, banana & pear
Lunch	Pork stir fry with noodles	Chicken & mushroom stroganoff with brown rice	Moroccan lamb with couscous	Smoked haddock & potato pie served with seasonal vegetables	Sausage, mash & peas with gravy
Vegetarian option	Vegetable stir fry with noodles	Vegetable stroganoff with brown rice	Quorn pasticcio served with salad & garlic bread	Cheese & leek pie with seasonal vegetables	Vegetarian sausage, mash & peas with gravy
Dessert	Banana split	Fruit crumble with custard	Fruit yoghurt	Fresh fruit platter	Fresh fruit & ice cream
Tea	Assorted wraps with salad Fresh fruit	Tuna pasta salad Fresh fruit	Mackerel pate on toast with salad sticks Fresh fruit	A selection of sandwiches Fresh fruit	DIY summer couscous salad bar Fresh fruit

## Autumn/Winter Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals & toast served with fresh fruit juice or a choice of fresh fruit	Cereals & toast served with fresh fruit juice or a choice of fresh fruit	Cereals & toast served with fresh fruit juice or a choice of fresh fruit	Cereals & toast served with fresh fruit juice or a choice of fresh fruit	Cereals & toast served with fresh fruit juice or a choice of fresh fruit
Snack	Pitta bread fingers, cucumber & pear	Oatcakes, red pepper & hummus	Oatcakes, cucumber & carrot	Breadsticks, banana & melon	Rice cakes, carrot & satsuma
Lunch	Homemade chicken korma with brown rice	Roast beef, Yorkshire pudding, roast potatoes, seasonal vegetables & gravy	Sausage & bean casserole with potatoes & broccoli	Creamy salmon & broccoli pasta bake	Spaghetti bolognese & hidden vegetables with garlic bread
Vegetarian option	Chickpea & vegetable curry with brown rice	Quorn, Yorkshire pudding, roast potatoes, seasonal vegetables & gravy	Lentil & bean casserole with potatoes & broccoli	Broccoli & cauliflower pasta bake	Vegetable casserole with new potatoes
Dessert	Chocolate sponge with strawberry custard	Fresh fruit salad	Fruit flapjacks	Fruit puree with Greek yoghurt	Homemade blueberry muffin
Tea	Homemade pizza with various toppings Fresh fruit	Tuna melt baguette with salad sticks Fresh fruit	Leek and potato soup with bread Fresh fruit	Jacket potatoes with a variety of fillings Fresh fruit	Sandwiches with a variety of fillings Fresh fruit