

Tiny Tots Day Nursery 4 Weekly Menu



	Week 1	Week 2	Week 3	Week 4
Monday	<p>Roast Chicken, roast potatoes, fresh seasonal vegetables</p> <p>V. Quorn fillet, roast potatoes, fresh seasonal vegetables</p> <p>Yoghurt</p>	<p>Vegetable fingers, homemade potato wedges, beans</p> <p>V. None needed</p> <p>Yoghurt</p>	<p>Roast chicken, boiled potato, fresh seasonal vegetables</p> <p>V. Quorn fillet, boiled potato, fresh seasonal vegetables</p> <p>Yoghurt</p>	<p>Sausage, mashed potatoes, onion gravy</p> <p>V. Quorn sausage, mashed potatoes, onion gravy</p> <p>Yoghurt</p>
Tuesday	<p>Sausage casserole with cous cous, fresh vegetables</p> <p>V. Quorn sausage casserole with cous cous, fresh vegetables</p> <p>Fresh fruit salad</p>	<p>Lasagne, garlic bread, side salad</p> <p>V. Vegetable lasagne, garlic bread, side salad</p> <p>Fresh fruit salad</p>	<p>Fish pie, sweetcorn, peas</p> <p>V. Vegetable pie, sweetcorn, peas</p> <p>Fresh fruit salad</p>	<p>Homemade meatballs, tomato & basil sauce, pasta shapes, side salad</p> <p>V. Homemade Quorn meatballs, tomato & basil sauce, pasta shapes, side salad</p>
Wednesday	<p>Chilli con carne with rice</p> <p>V. Quorn chilli con carne with rice</p> <p>Yoghurt</p>	<p>Homemade toad in the hole, boiled potato, fresh seasonal vegetables</p> <p>V. Vegetable toad in the hole, boiled potato, fresh seasonal veg</p> <p>Yoghurt</p>	<p>Spaghetti Bolognese, garlic bread</p> <p>V. Quorn Bolognese, garlic bread</p> <p>Yoghurt</p>	<p>Chicken strips in gravy, seasonal vegetables, cous cous</p> <p>V. Quorn strips in gravy, seasonal vegetables, cous cous</p> <p>Yoghurt</p>
Thursday	<p>Homemade cheese flan, mashed potato, broccoli</p> <p>V. None needed</p> <p>Fresh fruit salad</p>	<p>Chicken & mixed vegetable casserole, homemade dumplings</p> <p>V. Quorn fillet & mixed vegetable casserole, homemade dumplings</p> <p>Fresh fruit salad</p>	<p>Homemade jerk chicken, rice, peas</p> <p>Homemade jerk seasoned quorn fillets, rice, peas</p> <p>Fresh fruit salad</p>	<p>Shepherd's pie, fresh seasonal vegetables</p> <p>V. Mixed bean pie, fresh seasonal vegetables</p> <p>Fresh fruit salad</p>
Friday	<p>Tuna pasta bake with side salad</p> <p>V. Tomato and herb pasta bake with side salad</p> <p>Yoghurt</p>	<p>Cod fillets in parsley sauce, rice, sweetcorn</p> <p>Quorn fillets in parsley sauce, rice, sweetcorn</p> <p>Yoghurt</p>	<p>Homemade cauliflower & broccoli cheese paste bake, fresh side salad</p> <p>V. None needed</p> <p>Yoghurt</p>	<p>Mild chicken curry, basmati rice</p> <p>V. Mild vegetable curry, basmati rice</p> <p>Yoghurt</p>