

# Winter Menu

## Week 1



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<p><b>Selection of Cereals</b></p> <p>Weetabix, Rice Krispies, Cornflakes, Porridge, Ready Brek</p> <p>Toast Milk to Drink</p>	<p><b>Selection of Cereals</b></p> <p>Weetabix, Rice Krispies, Cornflakes, Porridge, Ready Brek</p> <p>Crumpets Milk to Drink</p>	<p><b>Selection of Cereals</b></p> <p>Weetabix, Rice Krispies, Cornflakes, Porridge, Ready Brek</p> <p>Toast Milk to Drink</p>	<p><b>Selection of Cereals</b></p> <p>Weetabix, Rice Krispies, Cornflakes, Porridge, Ready Brek</p> <p>Pancakes Milk to Drink</p>	<p><b>Selection of Cereals</b></p> <p>Weetabix, Rice Krispies, Cornflakes, Porridge, Ready Brek</p> <p>Toast Milk to Drink</p>
<b>Snack</b>	<b>Crudites and Houmous</b>	<b>Crackers and spread</b>	<b>Fruit</b>	<b>Breadstick and Cream Cheese</b>	<b>Crudites and Mint Yoghurt</b>
<b>Lunch</b>	<p><b>Chicken in Tomato and Herb Sauce</b></p> <p>Succulent chicken in a tasty herb sauce with peas and mash potato</p>	<p><b>Hidden Vegetable Pasta Bake</b></p> <p>Tender mixed vegetables service in a tasty tomato sauce with homemade garlic bread</p>	<p><b>Thai Chicken Curry</b></p> <p>Aromatic spiced chicken curry served on a bed of rice</p>	<p><b>Mince Lamb Tagine</b></p> <p>Succulent spiced tagine served on a bed of flavoursome couscous and served with carrots</p>	<p><b>Fish Pie</b></p> <p>Creamy seasonal fish pie topped with mash potato and served with broccoli</p>
<b>Vegetarian Lunch</b>	<p><b>Vegetarian Mince in Tomato and Herb Sauce</b></p> <p>Flavoursome mince in a tasty herb sauce with peas and mash potato</p>	<p><b>Hidden Vegetable Pasta Bake</b></p> <p>Tender mixed vegetables service in a tasty tomato sauce with homemade garlic bread</p>	<p><b>Thai Sweet potato Curry</b></p> <p>Aromatic spiced vegetables curry served on a bed of rice</p>	<p><b>Vegetarian Mince Tagine</b></p> <p>Succulent spiced tagine served on a bed of flavoursome couscous and served with carrots</p>	<p><b>Butterbean and Chickpea Pie</b></p> <p>Creamy butterbean and chickpea pie topped with mash potato and served with broccoli</p>
<b>Dessert</b>	<b>Apple Crumble served with custard</b>	<b>Banana and Custard</b>	<b>Yoghurt and blueberries</b>	<b>Chocolate and Beetroot Cake and Custard</b>	<b>Fresh Fruit Platter</b>
<b>Pescatarian Lunch</b>	<p><b>Vegetarian Mince in Tomato and Herb Sauce</b></p> <p>Flavoursome mince in a tasty herb sauce with peas and mash potato</p>	<p><b>Hidden Vegetable Pasta Bake</b></p> <p>Tender mixed vegetables service in a tasty tomato sauce with homemade garlic bread</p>	<p><b>Thai Sweet Potato Curry</b></p> <p>Aromatic spiced vegetables curry served on a bed of rice</p>	<p><b>Vegetarian Mince Tagine</b></p> <p>Succulent spiced tagine served on a bed of flavoursome couscous and served with carrots</p>	<p><b>Fish Pie</b></p> <p>Creamy seasonal fish pie topped with mash potato and served with broccoli</p>
<b>Dessert</b>	<b>Apple Crumble served with custard</b>	<b>Banana and Custard</b>	<b>Yoghurt and blueberries</b>	<b>Chocolate and Beetroot Cake and Custard</b>	<b>Fresh Fruit Platter</b>
<b>Snack</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Mixed Crudites</b>	<b>Fruit</b>	<b>Cracker with Spread</b>
<b>Tea</b>	<p><b>Tuna and Cheese Melts</b></p> <p>Savoury toasted sandwiches served with cucumber</p>	<p><b>Homemade Pizza Pin Wheels</b></p> <p>Pastry flavoured tomato and cheese rolled into a wheel served with pepper sticks</p>	<p><b>Pitta Pockets</b></p> <p>Served with a selection of meats with cucumber sticks</p>	<p><b>Homemade Tomato Soup</b></p> <p>Served with fresh rolls</p>	<p><b>Jacket Potato</b></p> <p>Freshly baked Jacket Potato served with bake beans, grated cheese and pepper sticks</p>
<b>Dessert</b>	<b>Rice Pudding</b>	<b>Peaches and Yoghurt</b>	<b>Fresh sliced melon</b>	<b>Homemade Flapjack</b>	<b>Homemade Shortbread</b>

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# Winter Menu

## Week 2



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<p><b>Selection of Cereals</b></p> <p>Weetabix, Rice Krispies, Cornflakes, Porridge, Ready Brek</p> <p>Crumpets Milk to Drink</p>	<p><b>Selection of Cereals</b></p> <p>Weetabix, Rice Krispies, Cornflakes, Porridge, Ready Brek</p> <p>Toast Milk to Drink</p>	<p><b>Selection of Cereals</b></p> <p>Weetabix, Rice Krispies, Cornflakes, Porridge, Ready Brek</p> <p>Pancakes Milk to Drink</p>	<p><b>Selection of Cereals</b></p> <p>Weetabix, Rice Krispies, Cornflakes, Porridge, Ready Brek</p> <p>Toast Milk to Drink</p>	<p><b>Selection of Cereals</b></p> <p>Weetabix, Rice Krispies, Cornflakes, Porridge, Ready Brek</p> <p>Toast Milk to Drink</p>
<b>Snack</b>	<b>Crudites and Houmous</b>	<b>Crackers and Spread</b>	<b>Fruit</b>	<b>Breadstick and Cream Cheese</b>	<b>Crudites and Mint Yoghurt</b>
<b>Lunch</b>	<p><b>Spaghetti and meatballs</b></p> <p>Flavoursome meatballs in a tasty herb sauce served with spaghetti.</p>	<p><b>Roast Chicken</b></p> <p>With all the trimmings, sage and onion stuffing served with roast potatoes and seasonal vegetables and gravy</p>	<p><b>Cauliflower and Chickpea Balti</b></p> <p>Cauliflower florets flavoured with Balti spice served with red lentil dahl.</p>	<p><b>Sweet and Sour Chicken</b></p> <p>Succulent chicken served in a sweet and sour sauce served with rice.</p>	<p><b>Fish Fingers</b></p> <p>Succulent Fish fingers with home-made tomato sauce with wedges, broccoli and sweetcorn.</p>
<b>Vegetarian Lunch</b>	<p><b>Spaghetti and Vegetarian Meatballs</b></p> <p>Flavoursome vegetarian meatballs in a tasty herb sauce served with spaghetti.</p>	<p><b>Vegetarian Roast</b></p> <p>With all the trimmings, sage and onion stuffing served with roast potatoes and seasonal vegetables and gravy.</p>	<p><b>Cauliflower and Chickpea Balti</b></p> <p>Cauliflower florets flavoured with Balti spice served with red lentil dahl.</p>	<p><b>Sweet and Sour Quorn</b></p> <p>Marinated Quorn served in a sweet and sour sauce served with rice.</p>	<p><b>Vegetarian Burger</b></p> <p>Vegetarian Burger with homemade tomato sauce served with wedges, broccoli and sweetcorn.</p>
<b>Dessert</b>	<b>Chefs Sponge and Custard</b>	<b>Fruit Platter</b>	<b>Yoghurt and Raspberries</b>	<b>Peaches with crème fraiche</b>	<b>Bread and Butter Pudding</b>
<b>Pescatarian Lunch</b>	<p><b>Spaghetti and Vegetarian Meatballs</b></p> <p>Flavoursome vegetarian meatballs in a tasty herb sauce served with spaghetti.</p>	<p><b>Vegetarian Roast</b></p> <p>With all the trimmings, sage and onion stuffing served with roast potatoes and seasonal vegetables and gravy.</p>	<p><b>Cauliflower and Chickpea Balti</b></p> <p>Cauliflower florets flavoured with Balti spice served with red lentil dahl.</p>	<p><b>Sweet and Sour Quorn</b></p> <p>Marinated Quorn served in a sweet and sour sauce served with rice.</p>	<p><b>Fish Fingers</b></p> <p>Succulent Fish fingers with home-made tomato sauce with wedges, broccoli and sweetcorn.</p>
<b>Dessert</b>	<b>Chefs Sponge and Custard</b>	<b>Fruit Platter</b>	<b>Yoghurt and Raspberries</b>	<b>Peaches with crème fraiche</b>	<b>Bread and Butter Pudding</b>
<b>Snack</b>	<b>Crackers and Cream Cheese</b>	<b>Fruit</b>	<b>Mixed Crudites</b>	<b>Fruit</b>	<b>Cracker with Spread</b>
<b>Tea</b>	<p><b>Ploughman's Platter</b></p> <p>Selection of Cold Meats, Cheeses and bread served with vegetable sticks</p>	<p><b>Homemade Vegetable Soup</b></p> <p>A wholesome vegetable soup served with bread</p>	<p><b>Beans on Toast</b></p> <p>Beans served on toast with grated cheese</p>	<p><b>Marconi Cheese</b></p> <p>Pasta served in a cheese sauce.</p>	<p><b>Pitta Pockets</b></p> <p>Served with cheese and a selection of crudites</p>
<b>Dessert</b>	<b>Raspberry Fool</b>	<b>Homemade Biscuit</b>	<b>Fresh Melon Slices</b>	<b>Pineapple and Custard</b>	<b>Yoghurt and blueberries</b>

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# Winter Menu

## Week 3



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<p><b>Selection of Cereals</b></p> <p>Weetabix, Rice Krispies, Cornflakes, Porridge, Ready Brek</p> <p>Toast Milk to Drink</p>	<p><b>Selection of Cereals</b></p> <p>Weetabix, Rice Krispies, Cornflakes, Porridge, Ready Brek</p> <p>Crumpets Milk to Drink</p>	<p><b>Selection of Cereals</b></p> <p>Weetabix, Rice Krispies, Cornflakes, Porridge, Ready Brek</p> <p>Toast Milk to Drink</p>	<p><b>Selection of Cereals</b></p> <p>Weetabix, Rice Krispies, Cornflakes, Porridge, Ready Brek</p> <p>Pancakes Milk to Drink</p>	<p><b>Selection of Cereals</b></p> <p>Weetabix, Rice Krispies, Cornflakes, Porridge, Ready Brek</p> <p>Toast Milk to Drink</p>
<b>Snack</b>	<b>Crudites and Houmous</b>	<b>Crackers and spread</b>	<b>Fruit</b>	<b>Breadstick and Cream Cheese</b>	<b>Crudites and Mint Yoghurt</b>
<b>Lunch</b>	<p><b>Vegetable Stir Fry</b></p> <p>Served on a bed couscous</p>	<p><b>Chilli Con Carne</b></p> <p>Minced beef with chilli and Red Beans served with tortilla chips with a creamy herby dressing</p>	<p><b>Chicken Carbonara</b></p> <p>Creamy white sauce with Chicken and pasta. Peas served with Broccoli.</p>	<p><b>Shepherd's pie</b></p> <p>A home-made shepherd's pie topped with mash potato served Broccoli and Cauliflower.</p>	<p><b>Fish Cakes</b></p> <p>Succulent Fish cakes served with creamy mash potato, Runner Beans and Carrots.</p>
<b>Vegetarian Lunch</b>	<p><b>Vegetable Stir Fry</b></p> <p>Served on a bed of couscous</p>	<p><b>Vegetarian Chilli</b></p> <p>A flavoursome chilli served with tortilla chips with a creamy herby dressing</p>	<p><b>Vegetable Carbonara</b></p> <p>Creamy white sauce with vegetables and pasta served with Broccoli.</p>	<p><b>No Sheep Shepherd's Pie</b></p> <p>Vegetarian mince infused with herbs topped with mash potato served with Broccoli and Cauliflower.</p>	<p><b>Bean cakes</b></p> <p>3 Bean Cake served with creamy mash potato, Runner Beans and Carrots.</p>
<b>Dessert</b>	<b>Rice Pudding</b>	<b>Fruit and Yoghurt</b>	<b>Lemon Sponge and Custard</b>	<b>Peaches and Yoghurt</b>	<b>Apple Crumble and Custard</b>
<b>Pescatarian Lunch</b>	<p><b>Vegetable Stir Fry</b></p> <p>Served on a bed of couscous</p>	<p><b>Vegetarian Chilli</b></p> <p>A flavoursome chilli served with tortilla chips with a creamy herby dressing</p>	<p><b>Vegetable Carbonara</b></p> <p>Creamy white sauce with vegetables and pasta served with Broccoli.</p>	<p><b>No Sheep Shepherd's Pie</b></p> <p>Vegetarian mince infused with herbs topped with mash potato served with Broccolis and Cauliflower.</p>	<p><b>Fish Cakes</b></p> <p>Succulent Fish cakes served with creamy mash potato, Runner Beans and Carrots.</p>
<b>Dessert</b>	<b>Rice Pudding</b>	<b>Fruit and Yoghurt</b>	<b>Lemon Sponge and Custard</b>	<b>Peaches and Yoghurt</b>	<b>Apple Crumble and Custard</b>
<b>Snack</b>	<b>Bread stick and Cream Cheese</b>	<b>Fruit</b>	<b>Crackers and Spread</b>	<b>Fruit</b>	<b>Breadstick and Cream Cheese</b>
<b>Tea</b>	<p><b>Tuna Pasta Bake</b></p> <p>Creamy tuna pasta bake served with pepper sticks</p>	<p><b>Spaghetti on Toast</b></p> <p>Warming spaghetti served on wholemeal toast and grated cheese</p>	<p><b>Lentil Soup</b></p> <p>Wholesome homemade Lentil soup served with warm wholemeal rolls</p>	<p><b>Crustless Quiche</b></p> <p>Served with a mixture of pepper sticks</p>	<p><b>A selection of home-made sandwiches</b></p> <p>Ham, Cheese, Chicken served in wholemeal bread and cucumber sticks</p>
<b>Dessert</b>	Fresh Sliced Melon	Banana and Custard	Cinnamon Whirl	Home-made Biscuit	Raspberry Fool

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# Winter Menu

## Week 4



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<p><b>Selection of Cereals</b></p> <p>Weetabix, Rice Krispies, Cornflakes, Porridge, Ready Brek</p> <p>Toast Milk to Drink</p>	<p><b>Selection of Cereals</b></p> <p>Weetabix, Rice Krispies, Cornflakes, Porridge, Ready Brek</p> <p>Crumpets Milk to Drink</p>	<p><b>Selection of Cereals</b></p> <p>Weetabix, Rice Krispies, Cornflakes, Porridge, Ready Brek</p> <p>Toast Milk to Drink</p>	<p><b>Selection of Cereals</b></p> <p>Weetabix, Rice Krispies, Cornflakes, Porridge, Ready Brek</p> <p>Pancakes Milk to Drink</p>	<p><b>Selection of Cereals</b></p> <p>Weetabix, Rice Krispies, Cornflakes, Porridge, Ready Brek</p> <p>Toast Milk to Drink</p>
<b>Snack</b>	<b>Crudites and Houmous</b>	<b>Crackers and spread</b>	<b>Fruit</b>	<b>Breadstick and Cream Cheese</b>	<b>Crudites and Mint Yoghurt</b>
<b>Lunch</b>	<p><b>Yorkshire Pudding</b></p> <p>stuffed with succulent chicken, served with seasonal vegetables and gravy</p>	<p><b>Beef Ragu</b></p> <p>Hearty braised beef ragu packed with wholesome goodness served with mash potato and cabbage</p>	<p><b>Chicken Korma</b></p> <p>Mildly spiced chicken curry served with rice</p>	<p><b>Roasted Vegetable Lasagne</b></p> <p>Wholemeal penne pasta with seasonal roasted vegetables in a tomato and herb sauce served with carrots.</p>	<p><b>Salmon Fingers</b></p> <p>Succulent salmon fingers with home made tomato sauce with wedges served with Cauliflower and Peas.</p>
<b>Vegetarian Lunch</b>	<p><b>Yorkshire Pudding</b></p> <p>stuffed with vegetarian mince, served with seasonal vegetables and gravy</p>	<p><b>Butterbean and Chickpea Ragu</b></p> <p>Butterbean and chickpea in a tomato and herb ragu sauce served with mash potato and cabbage.</p>	<p><b>Vegetarian Korma</b></p> <p>Mildly spiced vegetable curry served with rice</p>	<p><b>Roasted Vegetable Lasagne</b></p> <p>Wholemeal penne pasta with seasonal roasted vegetables in a tomato and herb sauce served with carrots.</p>	<p><b>Deconstructed Vegetarian Burger</b></p> <p>Roasted vegetable burger with home-made tomato sauce with wedges served with Cauliflower and Peas.</p>
<b>Dessert</b>	<b>Apricot and Rhubarb Crumble</b>	<b>Fruit Platter</b>	<b>Yoghurt and Blueberries</b>	<b>Spiced Carrot Cake</b>	<b>Banana Custard</b>
<b>Pescatarian Lunch</b>	<p><b>Yorkshire Pudding</b></p> <p>stuffed with vegetarian mince, served with seasonal vegetables and gravy</p>	<p><b>Butterbean and Chickpea Ragu</b></p> <p>Butterbean and chickpea in a tomato and herb ragu sauce served with mash potato and cabbage.</p>	<p><b>Chicken Korma</b></p> <p>Mildly spiced vegetable curry served with rice</p>	<p><b>Roasted Vegetable Lasagne</b></p> <p>Wholemeal penne pasta with seasonal roasted vegetables in a tomato and herb sauce served with carrots.</p>	<p><b>Deconstructed Vegetarian Burger</b></p> <p>Roasted vegetable burger with home-made tomato sauce with wedges served with Cauliflower and Peas.</p>
<b>Dessert</b>	<b>Apricot and Rhubarb Crumble</b>	<b>Fruit Platter</b>	<b>Yoghurt and Blueberries</b>	<b>Spiced Carrot Cake</b>	<b>Banana Custard</b>
<b>Snack</b>	<b>Fruit</b>	<b>Mixed Crudites</b>	<b>Bread Stick and Cream Cheese</b>	<b>Fruit</b>	<b>Cracker with Spread</b>
<b>Tea</b>	<p><b>Homemade Leek and Potato Soup</b></p> <p>Served with wholemeal rolls</p>	<p><b>Cauliflower and Broccoli Gratin</b></p> <p>Florets of cauliflower and broccoli in a cheese sauce served with sweetcorn.</p>	<p><b>Moroccan Tagine</b></p> <p>A mild spiced sweet potato, red lentil served with green beans.</p>	<p><b>Muffin Pizza</b></p> <p>Traditional tomato herb sauce served on a muffin base with grated cheese. Served with mixed pepper batons.</p>	<p><b>Scrambled Eggs on Toast</b></p> <p>Scrambled Eggs mixed with flavoursome herbs on a bed of wholemeal toast</p>
<b>Dessert</b>	<b>Crème Fraiche and Mango Compote</b>	<b>Stewed Spiced Apple served with crème fraiche</b>	<b>Pancakes and Sliced Banana</b>	<b>Fruit Platter</b>	<b>Iced Biscuits</b>

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