

Tree Tots Day Nursery – Sapling's & Oak's Menu

Autumn & Winter Menu 2023/2024

	Monday <i>(No Meat Monday)</i>	Tuesday	Wednesday	Thursday	Friday
WEEK ONE					
The Main Event	Tomato, Basil Pasta Bake	Sausage & Mash	Beef Lasagne	Sweet & Sour Chicken	Corned beef hash and gravy
A Bit on the Side	Sweetcorn	vegetables	Broccoli Florets	Rice	Mixed veg
Sweet Treat	Melon Slices	Banana Loaf	Natural Yoghurt with seasonal fruit	Jelly and peaches	Natural Yoghurt with fruit puree
Teatime	soup with bread and butter	Pitta bread with a selection of fillings	Jacket Potato with Tuna & Cheese	Wraps with a selection of fillings	Selection of sandwiches with veg sticks
WEEK TWO	Monday <i>(No Meat Monday)</i>	Tuesday	Wednesday	Thursday	Friday
The Main Event	Vegetarian Spaghetti Bolognese	Sausage Casserole with Mash	Mild Chilli	Chicken and veg pie with roast potatoes	Beef mince and dumplings
A Bit on the Side	vegetables	vegetables	Rice	Mixed veg	vegetables
Sweet Treat	Watermelon Slices	Carrot & Nutmeg Loaf	Natural Yoghurt with fruit	Jelly and seasonal fruit	Natural Yoghurt with Apple Puree
Teatime	Minestrone soup brown bread and butter	Bagel Pizzas; Fresh Tomato, Cheese & Vegetables	Jacket Potato with Cheese & Beans	Sandwich selection with veg sticks	Cheese & Onion Toasties with Veg Sticks & Hummus
WEEK THREE	Monday <i>(No Meat Monday)</i>	Tuesday	Wednesday	Thursday	Friday
The Main Event	Macaroni Cheese	Roast Chicken dinner	Fish cakes	Sausage Pasta bake	Soft noodles grilled chicken
A Bit on the Side	Garlic bread and peas	Seasonal veg	Potato wedges and veg	Carrots	Garden Peas
Sweet Treat	Kiwi Slices	Spiced Fruit Loaf	Natural Yoghurt with Grapes	Cinnamon infused Rice Pudding	Natural Yoghurt with Plum Puree
Teatime	Beans on Toast with a Grilled Tomato	Sandwich selection with veg sticks	Vegetable soup with bread and butter	Make your own wraps with a selection of fillings	Home made burger in a roll

Additional Information:

We follow Government and NHS guidelines for food and nutrition within early years settings, including no unneeded added salt or sugars; additional weaning Menus available on request for Babies & Toddlers.