

Tamba Day Nursery

Example Menu

Fresh Water is served at all meal times

1	Breakfast	Snack	Lunch	Dessert	Tea	Baby Substitute	Evening Snack
Monday	<u>A selection of:</u> Cheerios Toast Rice Krispies	Fresh Fruit/ Veg & Fresh Water	Vegetable Chow Mein (v) Babies: Blended	Fruit Yoghurt	Cheese & Tomato Toasties (v)	Babies: Homemade Soup	<u>One of the following:</u> Breadsticks Rice Cakes Fruit Salad Raw Vegetable Sticks Crackers And A choice of milk or water
Tuesday	<u>A selection of:</u> Weetabix Toast Cornflakes	Fresh Fruit/ Veg & Fresh Water	Chicken and veg stew Served with bread and butter Quorn chicken and veg stew (v) Babies: Blended	Fruit Scones	Potato Wedges served with Spaghetti Hoops	Babies: Vegetable Pasta	
Wednesday	<u>A selection of:</u> Cheerios Toast Cornflakes	Fresh Fruit/ Veg & Fresh Water	Soya mince bolognaise bake (v) Babies: Blended	Rice Pudding	Jacket Potato Served with a selection of fillings	Babies: Blended	
Thursday	<u>A selection of:</u> Rice Krispies Toast Weetabix	Fresh Fruit/ Veg & Fresh Water	Oven baked fish in a herb and tomato sauce, served with rice Vegetables in a herb and tomato sauce (v) Babies: Blended	Homemade Cake with custard	Homemade soup served with bread	Babies: Blended	
Friday	<u>A selection of:</u> Cheerios Toast Shreddies	Fresh Fruit/ Veg & Fresh Water	Gardener's Pie Served with Mashed Potato Babies: Blended	Jelly (v)	Selection of Sandwiches	Babies: Blended	