



Little Leaf Nursery Menu: (1year – 5years): Week 1

	Breakfast	Mid-morning snack	Lunch	Mid-afternoon snack	Tea
Day 1	Weetabix Banana, Fruit'n Fibre, Shreddies, Rice Krispies or Cornflakes with milk. Water / fruit	Fruits Milk or water	Vegetarian Whole Grain Pasta Bake with Quorn Chicken & Sweetcorn Pudding: Yoghurt	Crackers with Cheese Milk or water	Vegetable Beans Soup with Wholemeal Bread & Butter or Fish Soup with Wholemeal Bread Milk or Water
Day 2	Weetabix Banana, Fruit'n Fibre, Shreddies, Rice Krispies or Cornflakes with milk. Water / fruit	Fruits Milk or Water	Chicken Paella Quorn Chicken Paella Pudding: Banana and Custard	Cream cheese with celery sticks Milk or Water	Sausage Rolls & Cucumber Quorn Sausage Rolls & Cucumber Milk or Water
Day 3	Weetabix Banana, Fruit'n Fibre, Shreddies, Rice Krispies or Cornflakes with milk. Water / fruit	Breadsticks with houmous Milk/Water	Jollof Rice with Chicken & Vegetables or Lentil Jollof Rice Pudding: Fruity Ice-Cream	Rice Cakes & Fruits Milk or Water	Tomato Soup with Cheese and Crackers Milk or Water
Day 4	Weetabix Banana, Fruit'n Fibre, Shreddies, Rice Krispies or Cornflakes with milk. Water / fruit	Mixed Fruit Salad Milk or Water	Lamb/Quorn Meatballs in Tomato & Hidden Vegetable Sauce with Spaghetti Pudding: Angel delight	Ginger Biscuits with Chopped Apples Milk & Water	Meat or Chicken Pizza Vegetarian Pizza Milk or Water
Day 5	Weetabix Banana, Fruit'n Fibre, Shreddies, Rice Krispies or Cornflakes with milk. Water / fruit	Fruit Milk or Water	Potato Waffles, Grated Cheese, Baked Beans and Peas Pudding: Yoghurt	Mixed Dry Fruits Milk & Water	Potato Cakes With Butter & Beans & Vegetables Milk or Water



Little Leaf Nursery Menu: (1year – 5years): Week 2

	Breakfast	Mid-morning snack	Lunch	Mid-afternoon snack	Tea
Day 1	Weetabix Banana, Fruit'n Fibre Shreddies, Rice Krispies or Cornflakes with milk. Water / fruit	Fruits	Sausage and Bean Casserole & Potatoes Quorn Sausage and Bean Casserole with Potatoes Pudding: Apple slices	Carrots sticks with houmous Milk or Water	Tuna/ Egg/Cheese or Houmous Sandwiches Milk or Water
Day 2	Weetabix Banana, Fruit'n Fibre Shreddies, Rice Krispies or Cornflakes with milk. Water / fruit	Breadsticks with cream cheese	Beans or Chicken & Vegetable Casserole served with Roast Potatoes Pudding: Poached Pears with custard	Fruits With Milk or Water	Tuna and Sweetcorn Pasta Salad Vegetarian Pasta Salad Milk & Water
Day 3	Weetabix Banana, Fruit'n Fibre Shreddies, Rice Krispies or Cornflakes with milk. Water / fruit	Cheese on Toasted Wholemeal Bread Milk or Water	Egg Fried Rice & Vegetables Tofu fried Rice and Veg. Pudding: Melon slices	Fruit Platter Milk or Water	Beans on Toasted Wholemeal Bread & cucumber Milk or Water
Day 4	Weetabix Banana, Fruit'n Fibre Shreddies, Rice Krispies or Cornflakes with milk. Water / fruit	Raisins & Banana Milk or Water	Mediterranean Pasta Bake Pudding: Natural Yoghurt with strawberries	Fruits Milk or Water	Vegetable and Cheese Pancakes Milk or Water
Day 5	Weetabix Banana, Fruit'n Fibre Shreddies, Rice Krispies or Cornflakes with milk. Water / fruit	Fruit Salad Milk or Water	Potatoes Fish Pie with Mixed Vegetables or Quorn chicken pie Pudding: Yoghurt and chopped fruits	Fruits Milk or Water	Lentil/ Carrot Soup with Wholemeal bread & butter Milk or Water



Little Leaf Nursery Menu: (1year – 5years): Week 3

	Breakfast	Mid-morning snack	Lunch	Mid-afternoon snack	Tea
Day 1	Weetabix Banana, Fruit'n Fibre Shreddies, Rice Krispies or Cornflakes with milk. Water / fruit	Rice Cakes Milk or Water	Jacket Potatoes with Baked Beans & Cheese Pudding: Fruit Salad	Rich Tea Biscuit & fruits Milk or Water	Vegetable Couscous Salad and Chickpeas Milk or Water
Day 2	Weetabix Banana, Fruit'n Fibre Shreddies, Rice Krispies or Cornflakes with milk. Water / fruit	Toasted Wholemeal Bread with Jam or Butter Milk or Water	Vegetarian Chilli Con Carne Served with Rice Pudding: Natural Yoghurt with Banana	Dried Raisins Milk or Water	Italian wholegrain Pasta Soup and beans
Day 3	Weetabix Banana, Fruit'n Fibre Shreddies, Rice Krispies or Cornflakes with milk. Water / fruit	Vegetables Milk or Water	Mashed Potatoes Served with Fish fingers & Mixed Vegetables & Gravy Mashed Potatoes Served with Vegetable Fingers Mixed Vegetable & gravy Pudding: Angel delight	Fruits Milk or Water	Savoury Omelette with Potato Salad & Cucumber Milk or Water
Day 4	Weetabix Banana, Fruit'n Fibre Shreddies, Rice Krispies or Cornflakes with milk. Water / fruit	Yoghurt Milk or Water	Polish Cabbage Noodles with Beans Pudding: Rice Pudding with Sultanas	Fruits Milk or Water	Toasted Fruit Loaf With Butter Milk or Water
Day 5	Weetabix Banana, Fruit'n Fibre Shreddies, Rice Krispies or Cornflakes with milk. Water / fruit	Crackers & Cheese Milk or Water	Lamb / Vegetarian beans hotpot Pudding: Jelly	Vegetables Milk or Water	Butternut Squash Soup with wholemeal Bread & Butter with Cheese and Crackers Milk or Water



Little Leaf Nursery Menu: (1year - 5years) Week 4

	Breakfast	Mid-morning snack	Lunch	Mid-afternoon snack	Tea
Day 1	Weetabix Banana, Fruit'n Fibre Shreddies, Rice Krispies or Cornflakes with milk. Water / fruit	Vegetable Crudités Milk or Water	Spaghetti Stir-fry with Beef Vegetarian Tofu Stir-fry Pudding: Greek yoghurt	Vegetables Milk or Water	Tuna or Cheese Salad Wraps Milk & Water
Day 2	Weetabix Banana, Fruit'n Fibre Shreddies, Rice Krispies or Cornflakes with milk. Water / fruit	Cheese on Toast Milk or Water	Corned Beef Hash Vegetarian Hash with Quorn chicken. Pudding: Fruit Salad	Fruits With Milk or Water	Homemade Carrot, Lentils & Potatoes Soup with Wholemeal Pitta Bread Slices. Milk or Water
Day 3	Weetabix Banana, Fruit'n Fibre Shreddies, Rice Krispies or Cornflakes with milk. Water / fruit	Fruit Platter Milk or Water	Sweet Potato & Mild Lamb Curry Sweet Potato & Mild Chickpea Curry Pudding: Angel delight	Fruits Milk or Water	Chicken Couscous Vegetarian Couscous with Tofu Milk or Water
Day 4	Weetabix Banana, Fruit'n Fibre Shreddies, Rice Krispies or Cornflakes with milk. Water / fruit	Yoghurt Milk or Water	Prawn Chow Mein Vegetarian Chow Mein with Quorn Mince Pudding: Assorted fruit	Vegetables Milk or Water	Butternut Squash Risotto and Cheese Milk or Water
Day 5	Weetabix Banana, Fruit'n Fibre Shreddies, Rice Krispies or Cornflakes with milk. Water / fruit	Fruits Milk or Water	Vegetable and Bean Stew with Sweet Potato Pudding: Custard & Raisins	Mixed fruits Milk or Water	Lentil , Vegetables & Coconut Soup Milk or Water