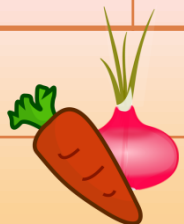
















The Valley Nursery & Kids Club

AUTUMN/WINTER MENU : WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BREAKFAST Served Daily : A Wide Selection of Cereals, Dry Fruits, Wholemeal Toast & Spreads</p>  					
<p>AM SNACKS INCLUDE : Choice of 2 Fresh Fruits OR Vegetable Sticks & Dips</p>					
LUNCH	<p>Lamb mince bolognaise</p> <p>Spaghetti and sweet corn</p>  <p>Fruit crumble served with custard</p>	<p>Chicken curry with Bombay potatoes</p> <p>Naan bread & green beans</p>  <p>Jammy Swiss rolls</p>	<p>Beef mince & bean pie topped with mashed potato</p> <p>White cabbage</p> <p>Winter trifle</p> 	<p>Sizzling sausages in rich gravy</p>  <p>Potato wedges, onion rings</p> <p>Semolina with raspberry jam</p>	<p>Chicken & cheese vegetable bake</p> <p>Mashed potato & crusty brown rolls</p> <p>Banana custard</p> 
<p>PM SNACKS INCLUDE : Choice of 2 Fresh Fruits OR Vegetable Sticks & Dips</p>  					
TEA	<p>Fish fingers</p> <p>Roast potatoes, broccoli & cauliflower</p> <p>Homemade gingerbread</p> 	<p>Chickpeas & vegetable Cous cous</p> <p>Coleslaw</p> <p>Fromage frais</p>	<p>Salmon & broccoli with pasta twirls</p> <p>Red pepper & carrot sticks</p>  <p>Fruit flapjack</p>	<p>Various sandwiches</p>  <p>Cucumber sticks & cherry tomatoes</p> <p>Orange cake</p>	<p>Tomato soup</p>  <p>Crunchy garlic bread</p> <p>Vanilla mousse</p>



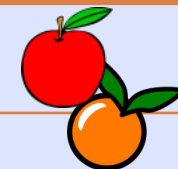


The Valley Nursery & Kids Club





AUTUMN/WINTER MENU : WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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BREAKFAST Served Daily : A Wide Selection of Cereals, Dry Fruits, Wholemeal Toast & Spreads










AM SNACKS INCLUDE : Choice of 2 Fresh Fruits OR Vegetable Sticks & Dips

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pork & apple casserole	Bacon, leek & cheese pie	Minced lamb & bean topped with mashed potatoes	Beef mince bolognaise	Battered fish with parsley sauce
	Herby couscous & carrot sticks	Mini roasties & carrots	Broccoli & cauliflower	Spaghetti, peas & sweet corn	Chips & peas 
	Lemon sponge 	Pear crumble & custard 	Semolina with fruit compote	 Carrot cake	Crunchy summer crumble with yoghurt



PM SNACKS INCLUDE : Choice of 2 Fresh Fruits OR Vegetable Sticks & Dips




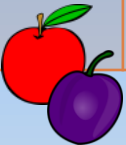













TEA	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Ravioli on toast	Tuna & sweet corn whole meal pasta	Winter vegetable & cheese quiche	Ham & cheese potato skins	Macaroni cheese
	Cucumber sticks	Red pepper sticks 	Cherry tomatoes & white cabbage 	Baked beans 	Broccoli & sweet corn 
	Natural yoghurt with fruit puree 	 Blueberry muffin	Iced sponge cake	Fruity scone with fresh cream	Fruity cupcakes 



The Valley Nursery & Kids Club





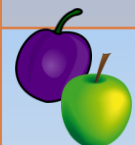


AUTUMN/WINTER MENU : WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>BREAKFAST Served Daily : A Wide Selection of Cereals, Dry Fruits, Wholemeal Toast & Spreads</p>					
<p>AM SNACKS INCLUDE : Choice of 2 Fresh Fruits OR Vegetable Sticks & Dips</p> 					
<p>LUNCH</p>  	<p>Roast chicken in rich gravy</p> <p>Roast potatoes, cabbage & parsnips</p> <p>Oaty apple & blueberry crumble served with custard</p>	<p>Beef curry with bulgur wheat</p> <p>Naan bread </p> <p>Warm winter fruit salad with vanilla sauce</p>	<p>Turkey mince & root vegetable stew </p> <p>Leeky mashed potato</p> <p>Sticky toffee pudding & white sauce</p>	<p>Pork & mushroom stoganoff</p> <p>Cous cous & mixed winter vegetables </p> <p>Apple sponge with custard</p>	<p>Cottage pie</p> <p>Peas & broccoli </p> <p>Banana & cinnamon rice pudding</p>
	<p>PM SNACKS INCLUDE : Choice of 2 Fresh Fruits OR Vegetable Sticks & Dips</p> 				
<p>TEA</p>  	<p>Scrambled egg with bacon & whole meal soldiers</p> <p>Sweet corn</p> <p>Lemon & yoghurt loaf with a glass of milk</p>	<p>Herby tomato & bean pasta</p> <p>Cherry tomatoes </p> <p>Valley's home baked oaty cookies</p>	<p>Mixed bean & vegetable with mini roasties</p> <p>Red pepper sticks</p> <p>Strawberry mousse </p>	<p>Fish cakes with root vegetable mash & cheese sauce </p> <p>Cauliflower</p> <p>Bakewell tart with custard</p>	<p>Leek & potato soup</p> <p>Brown bread rolls & spread</p> <p>Oaty flapjack </p>



The Valley Nursery & Kids Club

AUTUMN/WINTER MENU : WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BREAKFAST Served Daily : A Wide Selection of Cereals, Dry Fruits, Wholemeal Toast & Spreads					
 AM SNACKS INCLUDE : Choice of 2 Fresh Fruits OR Vegetable Sticks & Dips					
LUNCH	Minced beef with Yorkshire pudding New potatoes, peas & carrots Plum crumble & cream	 Lamb & kidney bean chilli Herby cous cous & sweet corn Homemade apple pie & custard	Cheese & potato pie with cheese sauce Broccoli & cauliflower Rice pudding & pineapple	 Juicy roast chicken with boiled potato Yorkshire pudding, Swede & carrots Peach crumble with vanilla pudding	Juicy meatballs in tomato & herb sauce Bulgur wheat, winter mixed vegetables Semolina with fruit compote
	  PM SNACKS INCLUDE : Choice of 2 Fresh Fruits OR Vegetable Sticks & Dips 				
TEA	Carrot & coriander soup Crusty bread Fromage frais & Satsuma	Tuna mayonnaise & beans Baby jacket potatoes with cucumber sticks Fruity milkshake with sponge fingers	Spaghetti hoops or Baked beans & brown toast squares Lemon drizzle cake	Various wraps Cherry tomatoes & coleslaw Banana & raisin flapjack	Tuna & sweet corn pasta Cucumber & red pepper sticks Greek yoghurt with fruity sauce

