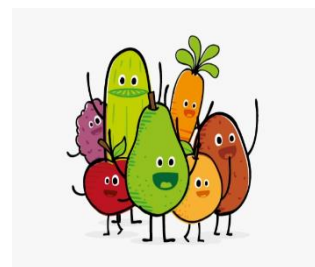


WEEK 3

Hillcrest Day Nursery Menu



Breakfast is served each day before 9am
Cereals (contains: wheat, barley, milk)

Mid-Morning Snack is served each day after 9am
Toast with a glass of milk or water (contains: wheat, soya, milk)

Monday	Lunch	Margarita pizza/Tomato & herb pasta with cheese & side of carrot, broccoli & cauliflower <i>(Older groups pizza, pasta, veg/Younger groups pasta & veg only)</i>
	Dessert	Fresh fruit salad (x3 types of fruit)
	Snack	Crackers, cheese & raisins
Tuesday	Lunch	Beef Stew
	Veg	Veggie Stew
	Dessert	Fresh fruit salad (x3 types of fruit)
	Snack	Yogurt & banana
Wednesday	Lunch	Home-made chicken goujons, cheesy mash & side of carrots & peas
	Veg	Veg bites, cheesy mash with carrots & peas
	Dessert	Yogurt & banana
	Snack	Chicken/cheese sandwiches & apples
Thursday	Lunch	Lasagne & potato cubes
	Veg	Veggie Lasagne & potato cubes
	Dessert	Fresh fruit salad (x3 types of fruit)
	Snack	English muffins, sliced banana & honey
Friday	Lunch	Home-made chicken bites & side of pea risotto
	Veg	Pea risotto
	Dessert	Fresh fruit salad (x3 types of fruit)
	Snack	Homemade banana bread & yoghurt