



Nuthurst Day Care- Our Menu

This menu has been carefully created in line with the Early Years Foundation Stage (EYFS) Nutrition Guidance. It is designed to support the health, growth and development of young children by providing a balanced variety of nutritious foods, appropriate portion sizes, and opportunities to establish positive eating habits. We work in partnership with parents and carers to ensure that each child's nutritional needs are consistently met, both within the setting and at home.

Day	Breakfast	Snack	Lunch	Dessert	Tea
Monday	Porridge, banana, milk	Apple slices	Quorn Sausage & veg casserole, mash	Yoghurt and berries	Crumpets and butter
Tuesday	Wholegrain Cereal. Milk, Pear	Carrot sticks & houmous	Beef spaghetti bolognese (V: quorn)	Orange segments	Baked beans on toast
Wednesday	Toast and Milk	Banana	Chicken stir-fry Noodles (v: tofu)	Fruit salad	Veg soup & bread
Thursday	Yogurt, granola, strawberries	Cucumber & cheese	Chicken curry, rice, green beans (V: chickpea curry)	Stewed apple and custard	Pitta, houmous & carrot
Friday	Porridge and raisins	Mixed berries	Fish pie (V: veg pie)	Yoghurt and mango	Cheese sandwiches, peppers