Week 1

The Wondergarden
DAY NURSERY & FOREST SCHOOL
BULWICK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Light rice cakes and fruit	Breadsticks with smooth hummus	Warm toasted crumpets	Toasted English muffins with fresh seasonal fruit	Pitta strips with crispy veggies and hummus
LUNCH	Classic slow- simmered pasta Bolognese with soft pitta strips	Succulent chicken sausages with buttery mashed potatoes, garden peas and rich gravy	Creamy salmon and mixed fish pie with peas	Homemade tomato, basil and hidden wholewheat pasta	Fluffy jacket potatoes served with a choice of Veg ragu, baked beans or cheese
PUDDING	Fruit cocktail with smooth custard	Sugar free jelly with fresh fruit pieces	Natural yogurt with a vibrant fruit coulis	Freshly baked reduced sugar banana muffins	Freshly baked treats with the children
TEA	Traditional picnic tea selection	Wholewheat tuna pasta salad	Selection of wraps with mixed salad	Homemade cheese scones with warm baked beans	x
PUDDING	Organic creamy fromage Frais	Rice cakes topped with mixed berries	Homemade oat cookies with a fresh fruit platter	Freshly sliced melon	x

Week 2

The Wondergarden
DAY NURSERY & FOREST SCHOOL
BULWICK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Light rice cakes served with fresh fruit	Crackers with smooth cream cheese and seasonal fruit	Warm toasted crumpets	Crackerbread with a choice of toppings and veggie sticks	Homemade fruit salad
LUNCH	Fish cakes with diced potatoes and garden vegetables	Mild chilli chicken, loaded with chickpeas and served with fragrant rice	Classic hidden veg lasagne with garlic bread	Traditional chicken/veg pie with golden pastry, diced potatoes and peas	Hidden vegetable wholewheat pasta
PUDDING	Fresh fruit sorbet	Sweet banana with smooth custard	Natural yogurt with mixed berry coulis	Freshly baked banana bread	Freshly baked treats with the children
TEA	Crustless homemade quiche with salad	Creamy cheese and broccoli pasta with fresh tomato garnish	Fresh homemade tomato soup with soft bread fingers	Orzo with homemade tomato sauce and sweetcorn	x
PUDDING	Organic fromage frais	Rice cakes	Homemade fruity oat cookies	Sweet melon and a selection from the fruit bowl	x

Week 3

The Wondergarden
DAY NURSERY & FOREST SCHOOL
BULWICK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Light crackers with a choice of fruit	Warm crumpet fingers with seasonal fruit	Pitta strips served with smooth hummus	Breadsticks and cream cheese	Fresh seasonal fruit
LUNCH	Tomato, basil and hidden veg wholewheat pasta with garlic bread	Mildly spiced beef curry served with fragrant rice and naan bread	Homemade meatballs served with wholewheat spaghetti and sweetcorn	Pitta pizza's with homemade wedges and sweetcorn	Chicken fajitas and veg sticks
PUDDING	Vanilla ice cream	Greek yogurt with homemade fruit coulis	Homemade apple and cinnamon muffins	Fruity custard	Freshly baked treats with the children
TEA	Make your own sandwich picnic tea with salad	Warm melty cheese bagels with vegetable sticks	Fluffy jacket potatoes with tuna and sweetcorn	Cheese on toast with baked beans	x
PUDDING	Organic fromage frais	Light rice cakes	Fresh fruit platter	Homemade fruity flapjacks	x

Week 4

The Wondergarden
DAY NURSERY & FOREST SCHOOL
BULWICK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Breadsticks with silky hummus and veggie batons	Toasted bagels with cream cheese or jam and fruit	Warm pitta strips with cream cheese and veggie sticks	Crisp crackerbreads with a selection of seasonal fruit	Homemade fruit salad
LUNCH	Golden fish fingers with herby diced potatoes and sweetcorn	Mildly spiced chicken curry with fragrant rice and mini naans	Hearty chilli con carne with hidden veg and steamed rice	Creamy macaroni cheese with peas and sweetcorn	Mini pitta pizzas, wedges and sweetcorn
PUDDING	Vanilla custard with a medley of fresh fruit	Homemade reduced sugar banana loaf	Frozen yogurt and fruit bark	Fresh fruit sorbet	Freshly baked treats with the children
TEA	Homemade rustic tomato pasta with cheese and sweetcorn	Chicken and sweetcorn wraps with garden veg sticks	Tomato,basil and hidden veg orzo with freshly baked bread	Toasted cheese bagels with veg sticks	x
PUDDING	Natural yogurt	Fresh melon slices	Oven baked oat cookies	Chocolate rice cakes with fresh fruit	x