



Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals, toast & Milk	Cereals, toast & Milk	Cereals, toast & Milk	Cereals, toast & Milk	Cereals, toast & Milk
Lunch & Dessert	Pasta Carbonara, garden peas and crusty bread roll Chocolate sponge and Chocolate sauce	Minced beef puff pastry pie, creamed potato and fresh carrots Mandarins and jelly	Chicken chow mein, egg noodles and stir fry vegetables Apple crumble and custard	Spicy pulled pork and apple, creamed potato and fresh spring cabbage Blueberry Eton mess	Bean and vegetable enchiladas, paprika potato wedges and sour cream dip Sticky toffee pudding and ice cream
Veggie Lunch	Macaroni Cheese	Quorn mince puff pastry pie	Butter bean chow mein	Spicy chickpea casserole	As above for lunch
High Tea	Chilli con carnie on Tortilla chips Fresh mixed fruit	Cheese omelette with baked beans Iced Fairy buns	Tomato soup and buttered bread Homemade cookies	Cheese and pepper pizza Carrot cake	Tuna and egg sandwiches, cherry tomatoes and cucumber Chocolate crispy cake
Veggie Tea	Bean Chilli con carnie	As above for tea	As above for tea	As above for tea	As above for tea

PLEASE NOTE: Vegetarian options are always available & will be advised on a needed basis. Full weaning menu & catering for children's allergies/cultural needs will be met. (Document Date: April 2018)





Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals, toast & Milk	Cereals, toast & Milk	Cereals, toast & Milk	Cereals, toast & Milk	Cereals, toast & Milk
Lunch & Dessert	Pork sausages in onion gravy, creamed potatoes and fresh broccoli Eves sponge and custard	Chicken curry, rice and naan bread Peach and raspberry crumble with ice cream	Vegetable pizza, saute potatoes, chopped salad and fresh coleslaw Fruit yoghurt	Cheese and onion pattie, new potatoes and baked beans Bananas and custard	Beef lasagne, fresh carrots and garden peas Mandarin cheesecake
Veggie Lunch	Quorn sausages in onion gravy	Chickpea curry	As above for lunch	As above for lunch	Green lentil lasagne
High tea	Spaghetti on toast Homemade cookie	Ham and cheese sandwiches with vegetable sticks Jam tart	Sweet chilli chicken tortilla wrap with mix salad Banana loaf	Tomato pasta bake with garlic bread fingers Chocolate chip flapjack	Jacket potato with tuna mayo and cucumber sticks Apple muffin
Veggie tea	As above for tea	Cheese sandwiches	Houmous salad wrap	As above for tea	As above for tea

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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals, toast & Milk	Cereals, toast & Milk	Cereals, toast & Milk	Cereals, toast & Milk	Cereals, toast & Milk
Lunch & Dessert	Tuna tomato pasta bake, garden peas and cauliflower Mixed berry cobbler and custard	Savoury minced beef, yorkshire pudding, creamed potato and fresh carrots Fresh fruit salad	Homemade breaded chicken goujons with macaroni cheese and green beans Strawberry delight and banana	Pork sausage cowboy pie, broccoli and sweetcorn Chocolate profiteroles	Three bean chilli con carnie with rice and tortilla chips Rainbow sponge and vanilla sauce
Veggie Lunch	As above for lunch	Quorn savoury mince	Sweetcorn fritters	Quorn cowboy pie	As above for lunch
High Tea	Chicken and sweetcorn soup with buttered bread Banana	Cheese and mushroom pizza with cucumber and pepper sticks Iced fairy cake	Pitta bread fingers, lentil and sweet potato dip with grated cheese Melon wedge	Egg and cheese sandwiches with vegetable sticks Raisins and pineapple	Bacon and cheesy sauce topped potato wedges with mixed salad Fruit flapjack
Veggie Tea	Lentil soup	As above for tea	As above for tea	As above for tea	As above for tea

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Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals, toast & Milk	Cereals, toast & Milk	Cereals, toast & Milk	Cereals, toast & Milk	Cereals, toast & Milk
Lunch & Dessert	Minced beef cottage pie with broccoli and diced swede Syrup sponge and custard	Chickpea and butternut squash curry with rice and nan bread Chocolate and raspberry brownie with ice cream	Chicken casserole, creamed potato, carrots and garden peas Strawberry cheesecake	Pork meatballs in tomato sauce with penne pasta and green beans Apple pie and custard	Homemade breaded cod fishcakes, salad potatoes and baked beans Vanilla rice pudding and fruit compote
Veggie Lunch	Quorn cottage pie	As above for lunch	Bean casserole	Tuna pasta bake	As above for lunch
High Tea	Beans on toast Cherry scone	Chicken and cheese sandwiches with carrot sticks and cherry tomatoes Fresh mixed fruit	Pasta bolognese with garlic bread fingers Banana and date loaf	Jacket potato with cheese savoury and cucumber sticks Homemade cookie	Ham and pepper scone with cheese cubes and sliced apple Melon
Veggie Tea	As above for tea	Cheese sandwiches	As above for tea	As above for tea	Cheese and pepper scone

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DAY NURSERY
PART OF YMCA NORTH TYNESIDE

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