



April 2023 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 | Sausage Casserole, new potatoes and mixed vegetables Blueberry Eton mess | Cheese and onion pasty slice, baked beans and saute potatoes Pear and ginger sponge & custard |
| Veggie Lunch | Macaroni Cheese | Quorn mince puff pastry pie | Butter bean chow mein | Quorn sausage 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 Ham 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 | Lentil and vegetable cheesy cottage pie with carrots and green beans Pineapple upside down cake and custard | Cod bites, new potatoes and baked beans Bananas and custard | Beef lasagne, fresh carrots and garden peas Fruit yogurt |
| 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 | Tomato pasta topped with grated cheese Home made cookie | Ham and cheese sandwiches with vegetable sticks Banana loaf | Breaded chicken wrap with garlic mayo Chocolate chip flapjack | Bagel and creme cheese with cucumber sticks Apple muffin |
| Veggie tea | As above for tea | As above for tea | Houmous salad wrap | Cheese sandwiches | 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 carnies 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 | Ham and Tuna sandwiches with vegetable sticks Raisins and pineapple | Warm cheese scones with vegetable sticks 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 naan 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 |





YMCA

DAY NURSERY

PART OF YMCA NORTH TYNESIDE



| | | | | | |
|------------------------------|-------------------------|--------------------------|-------------------------|-------------------------|------------------------------------|
| <p>Veggie Tea</p> | <p>As above for tea</p> | <p>Cheese sandwiches</p> | <p>As above for tea</p> | <p>As above for tea</p> | <p>Cheese and pepper scone</p> |
|------------------------------|-------------------------|--------------------------|-------------------------|-------------------------|------------------------------------|

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