

## The Spanish Nursery – 30th May to 29th July 2016

|                                | ONE<br>30/05/16; 20/06/16; 11/07/16   | TWO<br>6/06/16; 27/06/16; 18/07/16   | THREE<br>13/06/16; 4/07/16; 25/07/16   |
|--------------------------------|---|--|--|
| <b>MONDAY</b>                  | 10am: Mixed fresh fruits with breadsticks<br>12pm: Lentil soup<br>Spaghetti Bolognese with fresh salad<br>(Vegetarian option without meat)<br>Grapes<br>3pm: Bagels with cream cheese and cherry tomatoes / Milk  | 10am: Fresh mixed fruits and breadsticks<br>12pm: Chickpea soup<br>Chicken schnitzel with mixed fresh salad<br>(vegetarian option with Quorn chicken)<br>Yoghurt<br>3pm: Rice cake with cream cheese and smoked salmon/ Milk   | 10am: Fresh mixed fruits and thin breadsticks<br>12pm: Chickpeas, feta and olive salad<br>Chinese chicken and vegetables noodles<br>(vegetarian option with Quorn chicken)<br>Ice-cream with berries<br>3pm: (Ham) and cheese sandwich with cucumber sticks / Milk                 |
| <b>TUESDAY</b>                 | 10am: Mixed fresh fruits with cereals<br>12pm: Mixed bean salad<br>Chicken cutlets with mash potatoes<br>Yoghurt<br>3pm: (Ham) and cheese sandwich with carrots/ Milk   | 10am: Fresh mixed fruits with cubes of cheese<br>12pm: Warm tortilla wrap with ham and olives<br>Baked beans with sausages and fresh salad<br>(vegetarian sausages available)<br>Clementine<br>3pm: Chorizo sandwich with cucumber sticks / Milk<br>(Quorn salami available)                           | 10am: Fresh mixed fruits and rice crisps<br>12pm: Caprese salad<br>Beef and potatoes moussaka<br>(Vegetarian option with quorn mince)<br>Melon<br>3pm: Crackers with dippers and cherry tomatoes / Milk  |
| <b>WEDNESDAY</b><br>Vegetarian | 10am: Mixed fresh fruits and rice crisps<br>12pm: Vegetable soup<br>Spanish tortilla de patata with fresh salad<br>Ice-cream and berries<br>3pm: Breadsticks with humus and carrot sticks / Milk  | 10am: Mixed fresh fruits with thin breadsticks<br>12pm: Leek and potato soup<br>Broccoli quiche and fresh garden salad<br>Fruit smoothie<br>3pm: Actimel and plain crackers  | 10am: Fresh mixed fruits and breadsticks<br>12pm: Brown lentil soup<br>Home-made vegetarian pizza and fresh salad<br>Yoghurt<br>3pm: Humus with breadsticks and carrot sticks/ Milk  |
| <b>THURSDAY</b>                | 10am: Fresh mixed fruits and thin breadsticks<br>12pm: Greek salad<br>Spanish chicken and chorizo paella<br>(vegetarian option with Quorn chicken)<br>Fruit smoothie<br>3pm: Yoghurt and Jacob plain crackers / Milk                                    | 10am: Fresh mixed fruits with rice crisps<br>12pm: French toast with green olives<br>Beef meatballs with mixed steamed vegetables<br>(vegetarian option with Quorn meatballs)<br>Ice-cream and berries<br>3pm: Tuna and sweet corn sandwich with carrot sticks/ Milk                                   | 10am: Mixed fresh fruits with cereals<br>12pm: Rice salad<br>Chicken cutlets, mixed steamed vegetables<br>(vegetarian option with Quorn chicken)<br>Mixed fruits<br>3pm: Yoghurt with plain crackers   |
| <b>FRIDAY</b><br>Fish          | 10am: Fresh mixed fruits with plain crackers<br>12pm: Cold pasta<br>Fish fingers with couscous salad<br>(vegetarian option with Quorn fish fingers)<br>Melon<br>3pm: Salami sandwich with carrot sticks / milk<br>(vegetarian option with Quorn salami) | 10am: Fresh mixed fruits with plain crackers<br>12pm: Mixed salad with avocado, tomatoes, olives and bacon<br>(vegetarian option without bacon)<br>White fish with potato natur<br>(Stuffed mushroom with cheese and bread crumbs)<br>Watermelon<br>3pm: Hotdog with carrot sticks / Milk (vegetarian) | 10am: Fresh mixed fruits with cubes of cheese<br>12pm: Romanian bean Bors (sour soup)<br>Baked salmon with mixed fresh salad<br>(Baked tofu with mixed fresh salad)<br>Fruit smoothie<br>3pm: Salami sandwich with cucumber sticks / milk<br>(vegetarian option with Quorn salami) |



Beef meatballs with mixed steamed vegetables



Couscous salad



Crackers with dippers and cherry tomatoes / Milk

- At 10am all the children share a fruit and a small snack
- The fresh salad selection includes a variety of lettuce, tomato, cucumber, grated carrots, sweet corn, beetroot;
- All main meals are served with a variety of breads;
- The selection of mixed steamed vegetables includes: broccoli, cauliflower, carrots, parsnip, garden beans, baby corn
- The vegetarian meals provided are of similar appearance and texture to the meat based meals;

- Water is available throughout the day and will be served with the food. No fizzy and sugary drinks are served;
- A glass of milk is served with the 3pm snack;
- Your comments are important to us and we value your feedback;
- You are welcome to share some of your recipes with us