

Marlborough Day Nursery
Sample Menu

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
Breakfast	A choice of healthy cereal, fresh fruit with wholemeal toast or crumpet Water								
Lunch	Roast turkey (Quorn fillets) roast potatoes, carrots, parsnips and gravy	Mixed bean chilli with skins on wedges	Salmon (bean) pie, red cabbage and runner beans	Chickpea and vegetable biryani	Pork, (Soya) leek and mustard casserole, with mash and Brussels	Beef (Quorn) meatballs, tomato sauce and spaghetti	Pasta primavera	Lamb (Lentil) Moussaka served with garlic bread	Chicken korma (Tofu) with white rice
Dessert	Yogurt and blackberry compote	Mini carrot cake	Banana and cinnamon rice pudding	Apple and rhubarb crumble with custard	Mandarin jelly	Rhubarb fool	Rice pudding and raspberries	Summer crumble and custard	Seasonal fruit salad
Afternoon Tea	Pitta pockets with egg and cress cucumber and carrot salad	Chicken and Pepper Frittata served with homemade coleslaw	Sweet potato and lentil soup with wholemeal bread	Lemon chicken (Quorn fillet) wrap with lettuce and cucumber	Vegetable crustless quiche with new potato salad	English muffin pizza with vegetable topping	Beef (vegan) kofta with cucumber and mint dip and flatbread fingers	Bacon and cheese pinwheel with mixed salad	Cauliflower and potato soup with brown bread and butter
Dessert	Rice pudding and peach puree	Blackberry ice cream	Strawberry frozen yoghurt	Mango and kiwi fruit salad	Soft poached plums and custard	Banana pancakes Served with yoghurt	Semolina with chopped raisins	Greek yogurt with Blueberries	Strawberry jelly
Snack	Tomato slices and grated cheese	Grated apple and rice cake	Tomato slices and cucumber sticks	Half crumpet with orange segments	Buttered cracker and grated cheese	Grated carrot and rice cake	Pepper sticks and breadsticks	Banana fingers and pear strips	Cucumber sticks and breadsticks with cream cheese