

Nest Menus – Week 1 Winter/Spring

WC 5th Jan, 26th Jan, 16th Feb, 9th Mar



	Monday	Tuesday	Wednesday	Thursday Hummus - Thursdays only	Friday
Breakfast	Toast Cereal Banana	Toast Cereal Banana	Toast Cereal Banana	Toast Cereal Banana	Toast Cereal Banana
AM Snack	Toast with butter	Natural yogurt	Crackers with butter	Hummus and breadsticks	Crackers with cream cheese
Lunch	Chickpea madras with wholemeal rice Satsuma	Roast chicken in gravy, mashed potato and peas Pear	Veggie chilli with couscous Apple	Beef and mushroom stroganoff with organic pasta Banana	Apricot and rosemary chicken with rice Melon
PM Snack	Fruit loaf	Fruit loaf	Breadsticks with cream cheese	Toast with cream cheese	Toast with butter
Tea	Turkey, cheese (slices) and crackers Natural yogurt	Cheese (slices) and ham wraps Fresh fruit	Beans on toast Natural yogurt	Pesto, pasta and pea salad Natural yogurt	Grated cheese sandwiches (Made up) and cucumber slices Fresh fruit

Nest Menus – Week 2 Winter/Spring

WC 12th Jan, 2nd Feb, 23rd Feb, 16th Mar



	Monday	Tuesday	Wednesday	Thursday Hummus - Thursdays only	Friday
Breakfast	Toast Cereal Banana	Toast Cereal Banana	Toast Cereal Banana	Toast Cereal Banana	Toast Cereal Banana
AM Snack	Natural yogurt	Breadsticks with cream cheese	Crackers with cream cheese	Hummus and breadsticks	Toast with butter
Lunch	Mediterranean tomato sauce with wholemeal pasta and grated cheese Pear	Thai green curry with rice Apple	Lamb tagine with couscous Banana	Chicken fajitas with rice and wraps Melon	Roast beef in gravy, new potatoes and mixed veg Satsuma
PM Snack	Fruit loaf	Crackers with butter	Fruit loaf	Toast with cream cheese	Cucumber and cream cheese
Tea	Cheese spread sandwiches and cucumber Fresh fruit	Beans on toast Fresh fruit	Cheese and ham wraps Fresh fruit	Rainbow pasta salad Natural yogurt	Turkey, cheese and crackers Natural yogurt



Nest Menus – Week 3 Winter/Spring

WC 19th Jan, 9th Feb, 2nd Mar, 23rd Mar

	Monday	Tuesday	Wednesday	Thursday <small>Hummus - Thursdays only</small>	Friday
Breakfast	Toast Cereal Banana	Toast Cereal Banana	Toast Cereal Banana	Toast Cereal Banana	Toast Cereal Banana
AM Snack	Natural yogurt	Cucumber and cream cheese	Fruit loaf	Crackers with butter	Fruit loaf
Lunch	Chicken tikka masala with rice and naan Apple	Veggie shepherds pie with sweetcorn Banana	Vegan sausages in gravy, new potatoes and carrots Melon	Salmon and roasted red pepper sauce, wholemeal pasta and grated cheese Satsuma	Beef ragu with couscous Pear
PM Snack	Toast with cream cheese	Crackers with butter	Cucumber and cream cheese	Cucumber and hummus	Breadsticks with cream cheese
Tea	Grated cheese sandwiches and cucumber Fresh fruit	Cheese and ham wraps Fresh fruit	Turkey, cheese and crackers Natural yogurt	Beans on toast Fresh fruit	Tomato and sweetcorn pasta Natural yogurt