

Triangle House Day Nursery
Weekly Menu

Week Commencing: 30th July 2012



	Breakfast	Lunch	Tea
Monday	Selection of Cereals	Spanish Salsa chicken with tricolore peppers, served with crusty whole grain bread Eton Berry Mess	Tuna Melts on English muffins A selection of fresh, seasonal fruits and yoghurt
Tuesday	Selection of Cereals	Traditional Shepherd's Pie served with seasonal vegetables and homemade gravy Orange Cheesecake	Toasted bagels topped with cream cheese A selection of fresh, seasonal fruits and yoghurt
Wednesday	Selection of Cereals	Mexican Chilli con Carne served with soured cream and whole wheat tortillas Jaffa cake pudding	Fruit Loaf and Cheddar cheese A selection of fresh, seasonal fruits and yoghurt
Thursday	Selection of Cereals	Eastern spiced sweet potato and spinach curry served with brown rice and naan bread Homemade, oven baked creamy rice pudding served with fruit puree	A selection of freshly prepared sandwiches (including egg and tomato, and tuna and cucumber on whole wheat bread) A selection of fresh, seasonal fruits and yoghurt
Friday	Selection of Cereals	Salmon and broccoli bake served with a leafy, green salad Pear and ginger sponge served with custard	Beans on toast A selection of fresh, seasonal fruits and yoghurt