

Triangle House Day Nursery
Weekly Menu

Week Commencing: 23rd January 2012



	Breakfast	Lunch	Tea
Monday	Selection of Cereals	Wholegrain pasta Bolognese with hidden vegetables! Lemon curd and blueberry cake served with crème fraiche	Sardines in tomato sauce on toast triangles A selection of fresh, seasonal fruits and yoghurt
Tuesday	Selection of Cereals	Cod loin in a herb tomato sauce served with creamed potato Sticky toffee pudding with dates and custard	Carrot and coriander soup A selection of fresh, seasonal fruits and yoghurt
Wednesday	Selection of Cereals	Moroccan spiced lamb, apricot and mint burgers served with homemade sweet potato chips and seasonal vegetables Homemade custard tart	Ham and Cheese toasties A selection of fresh, seasonal fruits and yoghurt
Thursday	Selection of Cereals	Vegetable and mixed bean gratin served with a leafy green salad Rhubarb and pear crumble served with Greek yoghurt	Homemade macaroni and cheese A selection of fresh, seasonal fruits and yoghurt
Friday	Selection of Cereals	Indian Chicken Pilaf with raita Fresh fruit salad with vanilla ice cream	Spanish Tortilla with peppers A selection of fresh, seasonal fruits and yoghurt