



## Seeros Daycare Nursery – Sample Menu

	<b>Breakfast</b>	<b>Morning Snack</b>	<b>Lunch</b>	<b>Afternoon Snack</b>	<b>Baby Tea</b>
<b>Monday</b>	Toast Cereal and milk	Toast with apple and banana	Leek and potato soup with garlic bread Chocolate buns	Lemon dahl dip with cheese straws and fruit	Mediterranean couscous
<b>Tuesday</b>	Toast Cereal and milk	Toast with melon and orange	Tuna pasta bake with salad and sweetcorn Jam tarts	Egg mayonnaise sandwiches with fruit	Beef casserole
<b>Wednesday</b>	Toast Cereal and milk	Toast with kiwi and apple	Quiche with coleslaw Bakewell tart	Cheese and tomato on toast with fruit	Sweet and sour noodles
<b>Thursday</b>	Toast Cereal and milk	Toast with grapes and melon	Chickpea curry with rice and salad Fruit and custard	Garlic and herb scones with fruit	Tomato soup with bread and butter
<b>Friday</b>	Toast Cereal and milk	Toast with bananas and tangerine	Meat and potato pie with peas and gravy Jelly and ice cream	Salmon paste on toast with fruit	Vegetable risotto