



HARRINGTON HILL DAY CARE NURSERY FOOD MENU



WEEK 1 | Breakfast- A choice of unrefined Cereals | Wholemeal Toast & Butter | Boiled Eggs | Wholegrain Porridge | Fresh Fruits

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Lunch Main Course	Vegetable & Lentil Pasta Bake Sliced Cucumber, Tomatoes & Lettuce	Chicken & Coconut Curry or Chickpea & Coconut Curry Rice Steamed Broccoli	Handmade Fishcakes or Pea & Potato Cakes Steamed Carrots & Greens	Lamb Bolognese or Vegetable & Bean Bolognese Wholewheat Penne Steamed Broccoli	Breaded Fish or Breaded Mushrooms Baked Potato Wedges Crushed Peas
Second Course	Sliced Melons & Pineapple	Fresh Fruits	Coconut & Cinnamon Rice Pudding Pineapple	Fresh Fruits	Apple & Berry Crumble Yoghurt
Afternoon Snack	Rice Cracker & Mashed Avocado	Cheese, Grapes & Crackers	Fresh Bread & Bean Dips	Sweet Potato Omelette	Cucumber Yoghurt, Bread, Carrot & Pepper Sticks
Tea	Dal Coconut Rice	Roast Sweet Potatoes Hummus Salad	Tomato & Coconut Soup Fresh Bread	Pesto & Pea Pasta	Baked Potato Homemade Baked Beans Cheese
Second Course	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt





HARRINGTON HILL DAY CARE NURSERY FOOD MENU



WEEK 2 Breakfast- A choice of unrefined Cereals | Wholemeal Toast & Butter | Boiled Eggs | Wholegrain Porridge | Fresh Fruits

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Lunch Main Course	Mac & Cheese with Peas Sliced Cucumber & Tomatoes	Chicken Jollof Rice or Black Bean Jollof Rice Sweetcorn & Tomato Salad	Salmon Wholewheat Pasta or White Bean Wholewheat Pasta Fresh Peas	Braised Lamb Noodles or Braised Lentil Noodles Steamed Greens	Fish Pie or Veg & Bean Pie Mashed Potato Topping Steamed Broccoli
Second Course	Sliced Melons & Pineapple	Fresh Fruits	Oat Milk & Date Rice Pudding Pineapple	Pear & Plum Crumble Yoghurt	Fresh Fruits
Afternoon Snack	Rice Cracker, Pea Puree & Cheese	Pea Frittata	Fresh Bread & Bean Dip	Bean Dip, Carrot & Cucumber Sticks and bread	Cheese, Apple & Crackers
Tea	Pasta & Chickpea Salad	Pea & Mint Soup Fresh Bread	Black Bean & Avocado Wraps	Sweet Potato & Coconut Soup Fresh Bread	Bean & Pepper Stew Steamed Rice
Second Course	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt





HARRINGTON HILL DAY CARE NURSERY FOOD MENU



WEEK 3 Breakfast- A choice of unrefined Cereals | Wholemeal Toast & Butter | Boiled Eggs | Wholegrain Porridge | Fresh Fruits

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Lunch Main Course	Chickpea, Potato & Spinach Curry Brown Rice Cucumber Yoghurt	Cottage Pie Lamb or Beans topped with Cheesy Mashed Potato Steamed Broccoli	Fish or Tofu Chowder Creamy soup with Potatoes, Sweetcorn & Smoked Fish or Tofu Fresh Bread	Chicken Orzo Pasta or White Bean Orzo Pasta Sliced Cucumber, Tomato & Lettuce	Handmade Fish Goujons or Breaded Tofu Steamed New Potatoes Peas & Mint
Second Course	Sliced Melons & Pineapple	Fresh Fruits	Carrot Halwa, Yoghurt & Honey	Fresh Fruits	Black Bean Cacao Bites
Afternoon Snack	Rice Cracker, Sliced Avocado & Lime	Pita Bread, Hummus & Cherry Tomatoes	Fresh Bread & Bean Dip	Potato & Cheese Omelette	Cheese, Olives, Crackers, Apple & Cucumber
Tea	Lentil Pasta Bolognese Shell Pasta Salad	Potato & Bean Salad with Cucumber & Sweetcorn	Chickpea, Salad & Feta Wrap	Leek, Potato & White Bean Soup Fresh Bread	Homemade Vegetable Pizza Tomatoes, Cucumber & Chickpeas
Second Course	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt

