



Sunrise Community Nursery Menu

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Choice of Cereal, Toast, Porridge , Fresh Sliced Fruit or Dried Fruit Milk or Water to drink	Choice of Cereal, Toast, Porridge , Fresh Sliced Fruit or Dried Fruit Milk or Water to drink	Choice of Cereal, Toast, Porridge , Fresh Sliced Fruit or Dried Fruit Milk or Water to drink	Choice of Cereal, Toast, Porridge , Fresh Sliced Fruit or Dried Fruit Milk or Water to drink	Choice of Cereal, Toast, Porridge , Fresh Sliced Fruit or Dried Fruit Milk or Water to drink
Lunch	Seaside Battered Pollock Diced potatoes, Peas	Chilli Con Carne made with Organic Mince Rice, Sweetcorn, Peas	Roast Chicken, Yorkshire Pudding, Gravy Roast Potatoes, Carrots, Roast Parsnips	Macaroni Cheese Broccoli and Sweetcorn	Chicken Sausages Oven Baked Jacket Wedges, Baked Beans
Dessert	Apple Crumble and Custard	Seasonal Fruit Salad	Pear and Chocolate Sponge with Chocolate Sauce	Fruits	Vanilla Shortbread
Tea	Philadelphia Cheese with Chives Muffins Cucumber and Tomatoes Fresh Fruit Choice of Milk or Water	Cubes of Cheese Breadsticks Tomatoes and Cucumber Yoghurt Choice of Milk or Water	Baked Beans and Pitta Bread Fresh Fruit Choice of Milk or Water	Egg Sandwiches Cucumber Batons Yoghurt Choice of Milk or Water	Turkey Sandwiches Grated Carrot and Cucumber Fresh Fruit Choice of Milk or Water



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Choice of Cereal, Toast, Porridge , Fresh Sliced Fruit or Dried Fruit Milk or Water to drink	Choice of Cereal, Toast, Porridge , Fresh Sliced Fruit or Dried Fruit Milk or Water to drink	Choice of Cereal, Toast, Porridge , Fresh Sliced Fruit or Dried Fruit Milk or Water to drink	Choice of Cereal, Toast, Porridge , Fresh Sliced Fruit or Dried Fruit Milk or Water to drink	Choice of Cereal, Toast, Porridge , Fresh Sliced Fruit or Dried Fruit Milk or Water to drink
Lunch	Macaroni cheese with Tuna Mixed Vegetables	Grilled Chicken, Gravy Boiled Potatoes, Vegetables	Gambia (Niebe) Black Eye Beans cooked with Spring Onion and Plantain White Yam	Homemade Lamb Meatballs with Cous Cous Tomato and Vegetable Sauce	Beef in Chinese Fried Rice Mixed Vegetables
Dessert	Apple Crumble with Custard	Seasonal Fruit Salad	Carrot Cake	Fruit Jelly	Chocolate Fudge Cake
Tea	Turkey Sandwiches and Cucumber Fresh Fruit Choice of Milk or Water	Cheese Sandwiches Cucumber & Grated Carrot Fresh Fruit Choice of Milk or Water	Pasta Salad Fresh Fruit Choice of Milk or Water	Baked Beans Muffins Fresh Fruit Choice of Milk or Water	Scones with Chunky Cheese Fresh Fruit Choice of Milk or Water