

# BURGESS HILL NURSERY – SAMPLE MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 10am	Cracker, creamed cheese & pear	Homemade Pancakes & fresh lemon	Exotic fruit platter	Rice cake with hummus & cucumber	Oatcake, cheese & veggi strips
Lunch 12pm	Chicken Curry	Sausages	Roast Chicken	Beef Lasagne	Battered Fish
Vegetarian Option	Aubergine & butternut Curry	Quorn Sausages	Asparagus & feta Risotto	Bean & vegetable Lasagne	Vegetable Spring Roll
Veg & Sides	Basmati Rice & steamed Broccoli	Mashed Potato & Garden Peas	Roast potatoes & carrots	Garlic Bread & green beans	Oven Fries & Sweetcorn
Dessert	Natural Greek Yoghurt & honey	Apple Crumble & vanilla custard	Natural Greek Yoghurt with berry coulis	Homemade Cookie	Creamy Rice Pudding
Mid-Afternoon Snack	Rice cake & spreads	fresh fruit platter & a rich tea biscuit	hummus, & vegetable sticks	Forest Berry Smoothie	Milk & Banana
Afternoon Tea 4:30pm	Baked Beans & Toast	Savoury Sandwiches	Savoury Pitta Pockets	Salad Wraps	Teatime Crumpets with savoury toppings

\* All Children with special dietary requirements will be catered for on an individual basis and their menu may vary slightly from the menu above. You will be informed individually on a daily basis.