

# Spring Menu 2020



**Blackberry House**

DAY NURSERY

The Caring Choice In Childcare

Monday

Tuesday

Wednesday

Thursday

Friday

**WEEK 1**

Sweet and Sour Chicken with Rice

Jacket potatoes with selection of fillings

Vegetable Burger with wedges and coleslaw

Warm Pasta Salad with seasonal vegetables

Fish, sweet potato fries and mushy peas

Chocolate Brownie and Custard

Fresh Fruit Salad

Yoghurt with Homemade Biscuit

Crispy Cake

Chocolate Chip Cookie

Selection of Sandwiches  
Crispy Cake

Buffet Bread filled rolls  
Homemade Biscuit

Pizza topped Bagels  
Fresh Fruit

Baked Beans on Toast  
Angel Delight

Ham salad unwrap  
Fresh Fruit

Monday

Tuesday

Wednesday

Thursday

Friday

**WEEK 2**

Beef Bolognese Penne with seasonal vegetables

Cajun Chicken Pizza with a selection of salad

Cheese and Broccoli Potato Bake

Tuna and Sweetcorn Pasta with selection of salad

Fish Fingers with chips and peas

Choice of Angel Delight

Fun Fruity Muffin

Fruity Cheesecake

Ginger pudding and custard

Homemade Cookies

Ham Salad Unwrap

Beans on Toast

Selection of sandwiches  
Fruity Muffin

Buffet Bread Filled rolls  
Fresh Fruit

Filled Pitta Pockets  
Jelly

Monday

Tuesday

Wednesday

Thursday

Friday

**WEEK 3**

Macaroni cheese with a selection of salad

Sausage, mashed potatoes and vegetables

Roast Chicken, roast potatoes and carrots

Spaghetti Bolognese and garlic bread

Fish Cakes with new potatoes and peas

Jam Tart and Custard

Fruity Jelly

Banana Split with Sprinkles

Fairy Cakes

Rice Pudding with toppings

Fun Filled Wraps

Ham and Mozzarella Tarts  
Crispy Cake

Beans on Toast  
Angel Delight

Selection of sandwiches  
Fresh Fruit

Ham Salad Unwrap  
Homemade Biscuit





# Spring Menu 2020

## Weaning Programme

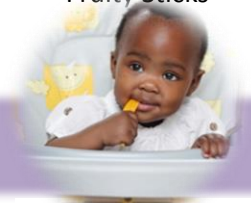
WEEK 1

Chicken with rice	Tomato Pasta	Vegetable fritters	Cottage Pie	Fish Risotto with peas
Finger food- Carrots sticks	Finger Food- Bread sticks	Finger Food- Wedges	Finger Food- Vegetable sticks	Finger Foods- Red Peppers
Banana and Custard	Fruit Puree	Yoghurt and biscuit	Squished Blueberries	Mashed Banana
Toast, Tomatoes and eggs	Zesty Lemon Chicken Unwrap	Cheesy toast Fingers with cucumber	Cinnamon toast and banana slices	Tomato Pasta with bread sticks
Yoghurt and biscuit	Angel Delight	Fruity Sticks	Fruity Jelly	Steamed apple and pear



WEEK 2

Tomato Bolognese	Cheese and ham Omelette Fingers	Shepherd's Pie with cheesy mash	Creamy Vegetable Pasta	Fishcakes and mashed potatoes
Finger Food- Vegetable Sticks	Finger Foods- Salad Sticks	Finger Foods- Carrot Sticks	Finger Foods- Cucumber Sticks	Finger Foods- Cheese Straws
Angel Delight	Fruity Sticks	Rice Pudding	Banana and custard	Jelly
Mixed Bean hot potato	Toasted Pitta bread with Veg sticks	Tuna and Sweetcorn Pasta	Root Vegetable Mash	Cheesy Beans on Toast
Fruity Yoghurt	Angel Delight	Fruity Jelly	Steamed Pears	Fruity Sticks



WEEK 3

Cheesy Pasta	Sausage and swede mash	Chicken with carrot and parsnip mash	Tuna and Sweetcorn Pasta	Fish Pie with cheesy mash
Finger Food- Bread Sticks	Finger Food- Carrot sticks	Finger Food- Potato sticks	Finger Foods- Pitta Bread strips	Finger Foods- Vegetable Sticks
Rice Pudding	Fruity Sticks	Banana and Custard	Peach Slices	Fruity Stew
Ham, Salad unwrap	Ham and Mozzarella Tarts with salad sticks	Cheesy Beans on toast	Toast, Tomatoes and eggs	Creamy Vegetable Pasta
Fruity Jelly	Angel Delight	Yoghurt	Chocolate Mousse	Angel Delight





## Nutritious Snacks



### Fresh fruit

Fresh fruit is naturally sweet, and a vitamin-packed snack for the children and babies. We aim to provide a variety of fruits that are in season, so they are even tastier.

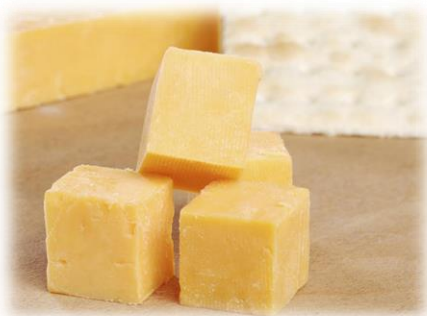
From Melon Chunks to Sliced Mango or Satsuma Segments. Handfuls of raspberries or strawberries, banana or pineapple.

*Please note we always cut in half small round fruits such as grapes or blueberries, to reduce the risk of choking.*



### Hard-boiled eggs

A great source of protein, zinc and B vitamins.



### Cheese and crackers

Cheese is always a winner with little ones with savoury crackers, for contrasting textures.

Packed with protein, calcium, vitamin D and A, cheese is also good at neutralising acids to protect teeth. A few slices of crunchy apple go well with this.

### Wholegrain cereal

Low-salt, low-sugar cereal as a dry portable snack can be just what is needed to keep us going until lunch.

Many are filled with iron and other important nutrients.



All washed down with a choice of milk or water.

