

Purple Lion Day Nurseries



WEEKLY MENUS

MENU A

MONDAY

Breakfast

A choice of cereal from Weetabix, Rice Krispies, Muesli and cornflakes with milk

AM Smoothie

Kale, spinach, apple and banana green smoothie

Lunch

Grilled Fish fillet with mashed potato and green peas

Fruit Cocktail

PM Snack

A choice of fresh fruit, raisins, crackers, breadsticks

Tea

Feta and pea couscous

TUESDAY

Breakfast

Whole meal toast, butter and jam with milk

AM Smoothie

Mixed Berry Smoothie

Lunch

Chicken Fajitas with baked potato wedges

Custard & Banana Pots

PM Snack

A choice of fresh fruit, raisins, crackers, breadsticks

Tea

Broccoli & sweetcorn noodles with olive oil and garlic

WEDNESDAY

Breakfast

Slow cooked banana, poppy seed & cinnamon porridge

AM Smoothie

Tropical smoothie Pineapple, mango & papaya

Lunch

Carrot, Peas and olive Pilaf with grilled chicken/ fish strips

Apple Pie

PM Snack

A choice of fresh fruit, raisins, crackers, breadsticks

Tea

Avocado, sweetcorn and cherry tomato pasta

THURSDAY

Breakfast

Whole meal toast, butter and jam with milk

AM Smoothie

Apple, cucumber & melon

Lunch

Salmon/Tuna creamy penne pasta with and green peas.

Freshly made Strawberry Pudding

PM Snack

A choice of fresh fruit, raisins, crackers, breadsticks

Tea

Freshly Baked Banana Bread

FRIDAY

Breakfast

A choice of cereal from Weetabix, Rice Krispies, Muesli and cornflakes with milk

AM Smoothie

Banana, strawberry & avocado

Lunch

Mixed Bean Veg Burrito with Avocado and Tomato Salsa

Freshly Baked Scones

PM Snack

A choice of fresh fruit, raisins, crackers, breadsticks

Tea

Whole meal toast, butter and jam with warm milk

MENU B

MONDAY

Breakfast

Slow cooked banana, poppy seed & cinnamon porridge

AM Smoothie

Kale, spinach, apple and banana green smoothie

Lunch

Lamb, potatoes and vegetables stew with basmati rice

Custard & Banana Pots

PM Snack

A choice of fresh fruit, raisins, crackers, breadsticks

Tea

Sweet Potato, feta and broccoli wrap

TUESDAY

Breakfast

Whole meal toast, butter and jam with milk

AM Smoothie

Mixed Berry Smoothie

Lunch

Peas, sweetcorn and broccoli couscous with grilled lemon chicken.

Peach slices with Vanilla Greek Yogurt

PM Snack

A choice of fresh fruit, raisins, crackers, breadsticks

Tea

Kids Pea Tagliattelle

WEDNESDAY

Breakfast

Slow cooked porridge with wild berries

AM Smoothie

Tropical smoothie Pineapple, mango & papaya

Lunch

Vegetable Lentil Curry and Rice.

Freshly Baked Carrot Cake

PM Snack

A choice of fresh fruit, raisins, crackers, breadsticks

Tea

Avocado on Toast with cucumber slices and olive oil

THURSDAY

Breakfast

Whole meal toast, butter and jam with milk

AM Smoothie

Apple, cucumber & melon

Lunch

Chicken/Prawn egg fried Rice

Freshly Baked Scones

PM Snack

A choice of fresh fruit, raisins, crackers, breadsticks

Tea

Freshly Baked Scones

FRIDAY

Breakfast

A choice of cereal from Weetabix, Rice Krispies, Muesli and cornflakes with milk

AM Smoothie

Banana, strawberry & avocado

Lunch

Parsnip, carrot and potato mash with grilled chicken breast & green beans

Mixed Berry and Vanilla Yogurt

PM Snack

A choice of fresh fruit, raisins, crackers, breadsticks

Tea

Hummus, carrot, cucumber & pita bread

Purple Lion Day Nurseries



WEEKLY MENUS

MENU C



MONDAY

Breakfast
Slow cooked porridge with apple & sultana

AM Smoothie
Kale, spinach, apple and banana green smoothie

Lunch
Freshly Baked Lasagne & Side salad
Fruit Cocktail

PM Snack
A choice of fresh fruit, raisins, crackers, breadsticks

Tea
Sweetcorn & potato creamy soup with garlic toast

TUESDAY

Breakfast
A choice of cereal from Weetabix, Rice Krispies, Muesli & cornflakes with milk

AM Smoothie
Mixed Berry Smoothie

Lunch
Baked Cauliflower and Chicken Wrap with garlic yogurt dressing and potato wedges

PM Snack
Strawberry Pudding

A choice of fresh fruit, raisins, crackers, breadsticks

Tea
Overnight Banana & cereal yogurt pots



WEDNESDAY

Breakfast
Slow cooked chia seed porridge with wild berries & cinnamon

AM Smoothie
Mixed Berry Smoothie

Lunch
Vegetable Curry and Rice Custard & Banana Pots

PM Snack
A choice of fresh fruit, raisins, crackers, breadsticks

Tea
Avocado, sweetcorn and chicken couscous



THURSDAY

Breakfast
Wholemeal toast, butter and jam with milk

AM Smoothie
Apple, cucumber & melon

Lunch
Pomegranates and Feta Couscous with grilled Chicken or Fish
Freshly Made Vanilla Cheesecake

PM Snack
A choice of fresh fruit, raisins, crackers, breadsticks

Tea
Oriental Salad



FRIDAY

Breakfast
A choice of cereal from Weetabix, Rice Krispies, Muesli and cornflakes with milk

AM Smoothie
Banana, strawberry & avocado

Lunch
Fresh Fish Fillet with sautéed broccoli and sweet potato chips.
Freshly baked French Toast and wild berries casserole

PM Snack
A choice of fresh fruit, raisins, crackers, breadsticks

Tea
Wholemeal toast, butter and jam with warm milk

MENU D



MONDAY

Breakfast
A choice of cereal from Weetabix, Rice Krispies, Muesli and cornflakes with milk

AM Smoothie
Kale, spinach, apple and banana green smoothie

Lunch
Oriental Salad (Potato, olives, chives, boiled eggs) with garlic toast.
Freshly Baked Banana Bread

PM Snack
A choice of fresh fruit, raisins, crackers, breadsticks

Tea
Overnight Banana, Muesli & Greek Yogurt Pots

TUESDAY

Breakfast
Slow cooked porridge with banana, raisins & cinnamon

AM Smoothie
Mixed Berry Smoothie

Lunch
Fish Pie & Green Beans
Mixed Fruit Salad

PM Snack
A choice of fresh fruit, raisins, crackers, breadsticks

Tea
Red Bean Couscous with lemon and herbs



WEDNESDAY

Breakfast
A choice of cereal from Weetabix, Rice Krispies, Muesli and cornflakes with milk

AM Smoothie
Mixed Berry Smoothie

Lunch
Mushroom Creamy Risotto
Fruit Compote with Greek yogurt and vanilla

PM Snack
A choice of fresh fruit, raisins, crackers, breadsticks

Tea
Rainbow pasta salad with chicken and vegetables



THURSDAY

Breakfast
Whole meal toast, butter and jam with milk

AM Smoothie
Apple, cucumber & melon

Lunch
Spaghetti & Meatballs
Freshly made Rice Pudding

PM Snack
A choice of fresh fruit, raisins, crackers, breadsticks

Tea
Freshly Baked Oatmeal Cookies



FRIDAY

Breakfast
Slow cooked porridge with chia seeds, banana & cinnamon

AM Smoothie
Banana, strawberry & avocado

Lunch
Seasonal vegetables and lentil stew with garlic toast.
Banana & Strawberry Greek Yogurt Smoothie

PM Snack
A choice of fresh fruit, raisins, crackers, breadsticks

Tea
Hummus, carrot, cucumber & pita bread

