



Date: 3rd -7th May

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Apple cinnamon overnight oats	Omelette, basil and cheese on toast with asparagus	Cheese, basil and sautéed tomato sandwiches	Cream cheese and berry sauce on crumpets
Morning Snack		Grilled sweetcorn avocado salsa with pita strips	Avocado hummus with breadsticks and carrots strips	Red pepper hummus, roasted carrots and toasted tortillas	Baby spinach dip with cucumber and oatcakes
Lunch		Green pepper casserole with beans and rice	Garlic and parmesan broccoli and new potatoes with salmon and beans	Creamy courgette and spring onion pasta with chicken	Bell pepper and green bean risotto with cod
Pudding	Bank Holiday Nursery closed	Strawberry and banana fruit salad	Pear and banana fruit salad	Apricot chia energy bars	Orange slices
Afternoon Snack		Roasted pineapple with mint	Caramelised apricots with Greek yoghurt	Sautéed bananas with berry sauce	Strawberries, pineapple and kiwi fruit salad
Dinner		Baked feta and cherry tomatoes with roasted haricot beans and bread	Tomato curry with peas and coconut basmati rice	Watercress pesto with puy lentils and baked potatoes	Spring onion and guacamole quesadilla
Pudding		Fruit	Fruit and yoghurt	Fruit	Fruit and yoghurt