

Quarry Lane Childcare - Sample Winter Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Breakfast</u> Milk/water Cereals with milk Toast with butter/honey Fruit	<u>Breakfast</u> Milk/water Cereals with milk Toast with butter/honey Fruit	<u>Breakfast</u> Milk/water Cereals with milk Toast with butter/honey Fruit	<u>Breakfast</u> Milk/water Cereals with milk Toast with butter/honey Fruit	<u>Breakfast</u> Milk/water Cereals with milk Toast with butter/honey Fruit
<u>Drink and Snack</u> Water Fruit	<u>Drink and Snack</u> Water Fruit	<u>Drink and Snack</u> Water Fruit	<u>Drink and Snack</u> Water Fruit	<u>Drink and Snack</u> Water Fruit
<u>Tea</u> Water Cream of tomato soup with wholegrain toast and cheese Natural yoghurt/fruit	<u>Tea</u> Water Baked potato with tuna & cheese Natural yoghurt/fruit	<u>Tea</u> Water Beans on wholemeal Toast with cheese Natural yoghurt/fruit	<u>Tea</u> Water Curry and wholegrain rice Natural yoghurt/fruit	<u>Tea</u> Water Marmite wholewheat pasta with cheese & vegetables Natural yoghurt/fruit

There is always a choice of dairy free yoghurt and soya/oat milk along with a choice of gluten free items. We usually have melon as the fruit for breakfast and a choice melon, apples, pears, oranges or bananas although apples are the firm favourite at Quarry Lane.