

Sunhill Daycare – Four Week Autumn and Winter Menu.

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
			<i>Lunch</i>		
<i>Main Course</i>	Caponata Rice	Shepherds pie with mashed carrot and swede	Wiltshire pork Casserole with seasonal vegetables	Broccoli and Ricotta Gratin	Thai stir fry
<i>Sweet</i>	Pineapple upside down cake Ice cream	Fruit cocktail Custard	Fruit mousse Wafer	Trifle	Magic chocolate pudding with white sauce
			<i>Afternoon</i>		
<i>Tea</i>	Spaghetti on toast	Homemade vegetable soup with bread	Assorted Sandwiches	Cheese and ham filled croissants	French bread and winter salad
<i>Sweet</i>	Homemade cookies	Fresh fruit Homemade flapjack	Homemade fruit cake	Yoghurt Fresh fruit	Fruit coulis Hand baked shortcake

General

Breakfast- A selection of healthy cereals. E.g. Porridge, Weetabix selection of Toasts Snacks- A selection of healthy snacks. E.g. cheese and savoury biscuits, fresh fruit. Drinks- Water is available all day. Milk or water is served at meal times

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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
			<i>Lunch</i>		
<i>Main Course</i>	Pasta al amatriciana with homemade garlic bread	Chicken casserole on a bed of rice with mixed vegetables	Cheese topped tuna bake with broccoli and carrots	Blanquette of lamb served with mushroom sauce, creamed potatoes and garden peas	Nasi goreng with mixed vegetables
<i>Sweet</i>	Spiced apple crumble custard	Jelly and Ice cream	Steamed rice pudding with coulis	Warming ginger sponge Custard	Banana surprise
			<i>Afternoon</i>		
<i>Tea</i>	Jackets with cheese or beans	Selection of mixed sandwiches and vegetable sticks	Cheese and sweet corn slices with cucumber and apple salad	Leek and potato soup with a bread roll	Savoury finger rolls With winter side salad.
<i>Sweet</i>	Angel delight and fruit	Homemade jam sponge	Fresh fruit and cookies	Banana cake	Yoghurt with fruit

General

Breakfast- A selection of healthy cereals. E.g. Porridge, Weetabix. Toasts Snacks- A selection of healthy snacks. E.g. cheese and savoury biscuits, fresh fruit Drinks- Water is available all day. Milk or water is served at meal times

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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
			<i>Lunch</i>		
<i>Main Course</i>	Sweet and sour Chinese chicken with stir fry noodles	Tuna Florentine with fresh broccoli	Herby meat balls with pasta spirals and seasonal vegetables	Vegetable paella	Sausage and roast potatoes with mixed vegetables
<i>Sweet</i>	Creamy Semolina With jam	Crunchy fruit crumble Custard	Warming Jamaica bananas	Bread and butter pudding	Stewed fruit and custard
			<i>Afternoon</i>		
<i>Tea</i>	Cheese and tomato wraps with mixed salad	Bacon twist with beans	Lentil soup with French bread	Spicy spuds	Sandwich platter
<i>Sweet</i>	Homemade cookies	Carrot cake	Jelly and fruit	Fruit bread	Yoghurt and fruit

General

Breakfast- A selection of healthy cereals. E.g. Porridge, Weetabix Toasts. Snacks- A selection of healthy snacks. E.g. cheese and savoury biscuits, fresh fruit. Drinks- Water is available all day. Milk or water is served at meal times

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Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
		<i>Lunch</i>			
<i>Main Course</i>	Country vegetable casserole with herb dumplings	Lamb tagine on a bed of plain rice	Sausage pie with mashed potatoes and fresh broccoli	Chicken Marengo with boiled potatoes and winter greens	Tuna with creamy mushroom pasta and seasonal Vegetables
<i>Sweet</i>	Fruit cocktail and ice cream	Yoghurt and fruit	Fruit strudel and custard	French apple tart	Jam sponge and custard
		<i>Afternoon</i>			
<i>Tea</i>	Cheesy croissants with salad	Ciabatta sandwich Vegetable sticks	Tomato soup and bread rolls	Swiss cheese tomato rarebit	Beans on toast
<i>Sweet</i>	Homemade fruit cake	Homemade oat biscuits	Ginger bread bears	Fresh fruit	Fruit delight Wafer

General

Breakfast- A selection of healthy cereals. E.g. Porridge, Weetabix Toasts

Snacks- A selection of healthy snacks. E.g. cheese and savoury biscuits, fresh fruit.

Drinks- Water is available all day. Milk or water is served at meal times