

Chrysalis Nursery and Pre School
Menu for week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8am- 9am	A selection of cereals with whole milk and bread options (English, muffins, toast or crumpets)	A selection of cereals, porridge with whole milk and bread options (English, muffins, toast or crumpets)	A selection of cereals with whole milk and bread options (English, muffins, toast or crumpets)	A selection of cereals, porridge with whole milk and bread options (English, muffins, toast or crumpets)	A selection of cereals with whole milk and bread options (English, muffins, toast or crumpets)
Snack 10am	Seasonal fruits Glass of milk	Seasonal fruits Glass of milk	Seasonal fruit Glass of milk	Seasonal fruits Glass of milk	Seasonal fruits Glass of milk
Lunch and Pudding 11.30am (Nursery) 12pm (Pre- School)	Macaroni cheese with butter beans. Broccoli served on the side Pudding Berry puree and yogurt	Chicken curry and rice Served with naan bread Pudding Fruit Salad	Cod in Parsley sauce Served with new potatoes and green beans Pudding Apples and peaches	Chicken and Mushroom Pie served Vegetable and Potatoes. Pudding Seasonal Fruits with plain yoghurt	Beef/ Bean Lasagne. Served with a side salad. Pudding Banana and Custard
Tea 3.30pm (Nursery) 4pm (Pre School)	Beans on toast	Vegetable Pasta Bake	Muffin pizzas topped with cheese and tomato. Served with crudites and a yogurt and mint dip.	Soft pitta bread served tuna and sweetcorn and cucumber sticks	Cheese and cucumber Sandwiches

-Children's water bottles are easily accessible on their water stations all day and offered at meal times

-All meat is sourced from our local Butcher and our milk is Organic.