

Chrysalis Nursery and Pre School
Menu for week 2

	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 with whole milk/ porridge 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 with whole milk/ porridge 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)	Mixed Bean & Lentil Chilli Served with Rice Pudding Sliced Pear and Apple	Beef/ bean spaghetti bolognaise. Served with a side salad Pudding Rice Pudding	Fish pie and green beans Pudding Seasonal fruit and plain yogurt	Beef, Potato and Onion Pie Served with Vegetables Pudding Fresh Pineapple Slices	(M) Chicken/ Quorn roast dinner. Served with roasted potatoes, stuffing and vegetables Pudding Fruit salad
Tea 3.30pm (Nursery) 4pm (Pre School)	Jacket Potato with tuna and sweetcorn	Bagels with Cream Cheese and Cucumber	Vegetable soup served with a warm roll	Turkey sandwiches and crudities	Spaghetti hoops on toast

-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.