

Chrysalis Nursery and Pre School
Menu for week 3

	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)	Vegetarian curry and rice Served with naan bread Pudding Banana and yogurt	Beef Chilli on Jacket Potatoes Served with Sour Cream Pudding Satsumas	Salmon and broccoli pasta bake Pudding Mixed Melon	Shepherd's pie Pudding Sliced mango	Chicken stew with pearl barley and mashed potato Pudding Rice Pudding
Tea 3.30pm (Nursery) 4pm (Pre School)	Leek and potato soup and a bread roll	Warm crumpets served with cream cheese and crudities	Jacket potato with cheese and beans. Served with lettuce	Vegetable pasta bake	Soft pitta with houmous and carrot sticks

-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 milk is Organic.