



WOODLANDS
DAY CARE

SEASONAL MENU - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	We serve a range of breakfast options every day including cereals, yoghurt and fruit, English muffins, crumpets, toast and porridge.				
Lunch	MEXICAN-STYLE RICE	BEEF RAGU	LEEK AND CHEESE MACARONI	COD AND BUTTER BEAN BAKE	SEASONED CHICKEN
	<i>Infused Mexican-style rice, packed full of flavour and hidden vegetables.</i>	<i>Mouthwatering beef, layered in a rich tomato-based sauce and vegetables served with mash and broccoli. Beef or butternut squash.</i>	<i>Leek and macaroni pasta in a cheesy sauce, served with garlic bread.</i>	<i>Cod and butter bean bake with a white sauce and fresh herbs, served with mash. Cod or mixed vegetables.</i>	<i>Seasoned chicken chunks in a flavoursome marinade served with rice. Chicken or sweet potato.</i>
	Organic yoghurt with fruit puree.	Ginger biscuit.	Fruit salad.	Melon medley.	Summer berry mousse.
	All of our lunches come with vegetables or salad on the side.				
Snacks	Our chefs serve up a choice of healthy and balanced snacks throughout the day including: fresh fruit, rice cakes, oat cakes, breadsticks, crackers and homemade dips of tzatziki and roasted red pepper houmous.				
Tea	Build your own bagel, selection of ham, turkey, salmon or tuna and cheeses, served with carrot and pepper sticks.	Tomato chicken wraps.	Seasoned turkey and feta couscous.	Loaded vegetable pizza and salad.	Tuna and sweetcorn pasta salad.
	Second servings, yoghurt and fresh fruit is available after tea.				
Drinks	Water is available throughout the day and milk is served with breakfast and snacks.				