

**NOAH'S ARK NURSERY
CHILDREN'S MORNING MENU**

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal Milk or fresh juice to drink	Wholemeal Toast Milk or fresh juice to drink	Cereal Milk or fresh juice to drink	Wholemeal Toast Milk or fresh juice to drink	Cereal Milk or fresh juice to drink
SNACK	Fresh Fruit Juice to drink	Fresh Fruit Juice to drink	Fresh Fruit Juice to drink	Fresh Fruit Juice to drink	Fresh Fruit Juice to drink
LUNCH	Toad in the hole with sweetcorn and mixed vegetables, boiled potato Water to drink	Homemade Spaghetti Bolognese sauce With crusty bread Water to drink	Fresh cod with broccoli, cauliflower and potato Water to drink	Chicken and vegetable casserole with rice Water to drink	Homemade Burger in bun with tomato cous cous Water to drink
VEGETARIANS	Quorn alternative	Tomato and cheese pasta	Cauliflower and broccoli cheese	Vegetable casserole	Vegetable burger
DESSERT	Baked apple with sultana's	Carrot cake	Rice Pudding	Yoghurt	Mixed fruit salad

BREAKFAST CEREAL - CHILDREN WILL ALWAYS HAVE THE OPTION OF WEEBABIX, SHREDDIES, OR SOMETHING LONG THEM LINES, AS WELL AS OTHERS

WATER IS AVAILABLE DURING THE DAY, AND FRUIT CAN BE PROVIDED AS AN ALTERNATIVE PUDDING

ALL LUNCH AND TEA'S ARE PROVIDED BY Noah's Ark Nursery

**NOAH'S ARK NURSERY
CHILDREN'S AFTERNOON MENU**

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh fruit	Fresh Fruit
	Juice to drink	Juice to drink	Juice to drink	Juice to drink	Juice to drink
TEA	Macaroni and cauliflower cheese with broccoli	Beef and vegetable Minestrone soup with wholemeal bread	Mushroom and cheese omelette	Homemade Quiche with cheese and tomato, with spaghetti hoops	Baked potato with tuna and mixed salad
	Water to drink	Water to drink	Water to drink	Water to drink	Water to drink
VEGETARIANS	Same as above	Vegetable minestrone soup	Same as above	Same as above	Baked potato with baked beans and mixed salad
DESSERT	Fromage frais	Homemade apricot and banana yoghurt	Strawberries and melon	Fruit kebabs	Homemade cheese scones

FRESH FRUIT CONSISTS OF APPLES, ORANGES, PEARS, BANANAS AND SEASONED FRUIT. THE CHILDREN ARE OFFERED A CHOICE OF TWO OR THREE KINDS OF FRUIT EACH SNACK MEAL.

**NOAH'S ARK NURSERY
CHILDREN'S MORNING MENU**

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Wholemeal Toast Milk or fresh juice to drink	Cereal Milk or fresh juice to drink	Wholemeal Toast Milk or fresh juice to drink	Cereal Milk or fresh juice to drink	Wholemeal Toast Milk or fresh juice to drink
SNACK	Fresh Fruit Juice to drink	Fresh Fruit Juice to drink	Fresh Fruit Juice to drink	Fresh Fruit Juice to drink	Fresh Fruit Juice to drink
LUNCH	Irish lamb stew with peas and carrots Water to drink	Mince and dumplings, boiled potatoes, carrots and turnip and gravy Water to drink	Chicken and vegetable stir fry With potato wedges Water to drink	Homemade vegetable lasagne and cheese topping with mixed salad Water to drink	Fresh fish steamed in a butter sauce, boiled potatoes and mixed veg Water to drink
VEGETARIANS	Vegetable stew with peas and carrots	Quorn mince with veg gravy (same as above)	Vegetarian stir fry with quorn meat	Same as above	Veggie fingers, boiled potatoes and mixed veg
DESSERT	Banana's and custard	Fromage frais	Fresh fruit platter	Homemade yogurt	Jam Tarts

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**NOAH'S ARK NURSERY
CHILDREN'S AFTERNOON MENU**

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh fruit	Fresh Fruit
	Juice to drink	Juice to drink	Juice to drink	Juice to drink	Juice to drink
TEA	Egg and cress sandwiches in wholemeal pitta bread with cucumber and tomato slices, and a few crisps	Cheese on wholemeal toast with mixed salad	Sausages and baked beans	Baked potato with 2 cheeses and mixed salad	Homemade lentil soup with bread roll with ham
	Water to drink	Water to drink	Water to drink	Water to drink	Water to drink
VEGETARIANS	Same as above	Quorn meat with salad, beetroot and bread and butter.	Veggie sausages and beans	Same as above	Homemade lentil soup with buttered rolls
DESSERT	Fruit salad and homemade yoghurt	Homemade fruit scones	Apple crumble and custard	Homemade flapjacks	Cheese straws

FRESH FRUIT CONSISTS OF APPLES, ORANGES, PEARS, BANANAS AND SEASONED FRUIT. THE CHILDREN ARE OFFERED A CHOICE OF TWO KINDS OF FRUIT EACH SNACK MEAL.

**NOAH'S ARK NURSERY
CHILDREN'S MORNING MENU**

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal Milk or fresh juice to drink	Wholemeal Toast Milk or fresh juice to drink	Cereal Milk or fresh juice to drink	Wholemeal Toast Milk or fresh juice to drink	Cereal Milk or fresh juice to drink
SNACK	Fresh Fruit Juice to drink	Fresh Fruit Juice to drink	Fresh Fruit Juice to drink	Fresh Fruit Juice to drink	Fresh Fruit Juice to drink
LUNCH	Cod fish fingers and potato smiley faces with baked beans Water to drink	Chicken, potatoes, Yorkshire pudding with cauliflower and mixed veg water to drink	Noodles with roasted vegetables and quorn mince Water to drink	Ham and vegetable risotto Water to drink	Sausage casserole with carrots and green beans Water to drink
VEGETARIANS	Veggie fingers (same as above)	Quorn pieces (Same as above)	Same as above	Vegetable risotto	Veggie sausage casserole
DESSERT	Homemade Peach yoghurt s	Strawberry mousse	Fruit salad	Homemade banana yoghurt with strawberries and peaches	Chocolate cake and custard

BREAKFAST CEREAL - CHILDREN WILL ALWAYS HAVE THE OPTION OF WEEBABIX, SHREDDIES, OR SOMETHING LONG THEM LINES, AS WELL AS OTHERS

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**NOAH'S ARK NURSERY
CHILDREN'S AFTERNOON MENU**

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh fruit	Fresh Fruit
	Juice to drink	Juice to drink	Juice to drink	Juice to drink	Juice to drink
TEA	Homemade tomato soup with bread rolls and ham	Tuna sandwiches with sweetcorn in wholemeal bread, cucumber and carrot sticks	Homemade cheese and tomato pizza, Garlic bread Crisps, carrot sticks	Mushroom omelettes and mixed salad	Vegetable pasta with garlic bread and grated cheese
	Water to Drink	Water to Drink	Water to Drink	Water to Drink	Water to drink
VEGETARIANS	Homemade tomato soup with buttered bread	Cheese sandwiches in wholemeal bread, cucumber and carrot sticks	Same as above	Same as above	Same as above
DESSERT	Banana's and raisins	Maltloaf cake	Fruit kebabs	Cheese and crackers	Fromage frais

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**NOAH'S ARK NURSERY
CHILDREN'S MORNING MENU**

WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Wholemeal Toast Milk or fresh juice to drink	Cereal Milk or fresh juice to drink	Wholemeal Toast Milk or fresh juice to drink	Cereal Milk or fresh juice to drink	Wholemeal Toast Milk or fresh juice to drink
SNACK	Fresh Fruit Juice to drink	Fresh Fruit Juice to drink	Fresh Fruit Juice to drink	Fresh Fruit Juice to drink	Fresh Fruit Juice to drink
LUNCH	Sausage rolls, with spaghetti hoops and mash potato Water to drink	Vegetable chilli con carne with rice and grated cheese Water to drink	Macaroni, broccoli pasta bake with cauliflower cheese and mixed salad Water to drink	Fresh fish portions, oven chips, peas and sweetcorn Water to drink	Homemade mild chicken curry with rice and wholemeal naan bread Water to drink
VEGETARIANS	Cheese rolls, with spaghetti and mash potatoes	Same as above	Same as above	Vegetable fingers with chips and peas	Homemade vegetable curry with rice and Wholemeal naan bread
DESSERT	Fruit fool (depending on season)	Jelly and ice cream	Homemade Yoghurt	Fruit platter	Fruit and homemade yoghurt

BREAKFAST CEREAL - CHILDREN WILL ALWAYS HAVE THE OPTION OF WEEBABIX, SHREDDIES, OR SOMETHING LONG THEM LINES, AS WELL AS OTHERS

**NOAH'S ARK NURSERY
CHILDREN'S AFTERNOON MENU**

WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh fruit	Fresh Fruit
	Juice to drink	Juice to drink	Juice to drink	Juice to drink	Juice to drink
TEA	Ratatouille and pasta (tomato based sauce)	Baked potato with cauliflower cheese and mixed salad	Homemade chicken noodle soup with bread roll	Baked beans on wholemeal toast	Pitta bread with ham, beetroot and carrot salad, coleslaw
	Water to drink	Water to drink	Water to drink	Water to Drink	Water to drink
VEGETARIANS	Same as above	Same as above	Homemade vegetable soup with bread roll	Same as above	Cheese salad with beetroot
DESSERT	Maltloaf	Fromage frais	Homemade cheese scones	Peaches and custard	Apple grapes and raisin

FRESH FRUIT CONSISTS OF APPLES, ORANGES, PEARS, BANANAS AND SEASONED FRUIT. THE CHILDREN ARE OFFERED A CHOICE OF TWO KINDS OF FRUIT EACH SNACK MEAL.

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NOAH'S ARK NURSERY - ETHAN BRENNAN

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal	Wholemeal Toast no butter	Cereal	Wholemeal Toast no butter	Cereal
	Milk	Milk	Milk	Milk	Milk
SNACK AM + PM	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Water to drink	Water to drink	Water to drink	Water to drink	Water to drink
LUNCH	Quorn alternative with sweetcorn and mixed vegetables, boiled potato	Tomato and cheese pasta	Fresh cod with broccoli, cauliflower and potato	vegetable casserole with rice	Roasted vegetables with tomato cous cous
	Water to drink	Water to drink	Water to drink	Water to drink	Water to drink
DESSERT	Piece of fruit	Piece of fruit	Piece of fruit	Yoghurt	Mixed fruit salad
TEA	Macaroni and cauliflower cheese with broccoli	Vegetable minestrone soup	Mushroom and cheese omelette	Homemade Quiche with cheese and tomato, Spaghetti hoops (low sugar only or salad)	Baked potato (no butter) with baked beans and mixed salad
	Water to drink	Water to drink	Water to drink	Water to drink	Water to drink
DESSERT	Fromage frais	Homemade apricot and banana yoghurt	Strawberries and melon	Fruit kebabs	Piece of fruit

NOAH'S ARK NURSERY - ETHAN BRENNAN

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Wholemeal Toast No butter Milk drink	Cereal Milk drink	Wholemeal Toast No butter Milk drink	Cereal Milk drink	Wholemeal Toast No butter Milk drink
SNACK AM + PM	Fresh Fruit Water to drink	Fresh Fruit Water to drink	Fresh Fruit Water to drink	Fresh Fruit Water to drink	Fresh Fruit Water to drink
LUNCH	Vegetable stew with peas and carrots Water to drink	Corn fillet , boiled potatoes, carrots and turnip Water to drink	Vegetarian stir fry with quorn meat Water to drink	Homemade vegetable lasagne and cheese topping with mixed salad Water to drink	Fresh fish steamed , boiled potatoes and mixed veg Water to drink
DESSERT	Banana's	Fromage frais	Fresh fruit platter	Homemade yoghurt	Piece of fruit
TEA	Egg and cress sandwiches (no butter) in wholemeal pitta bread with cucumber and tomato slices Water to drink	Cheese on wholemeal toast with mixed salad Water to drink	Cauliflower cheese Water to drink	Baked potato (no butter) with baked beans and mixed salad Water to drink	Homemade lentil soup with bread roll (no butter) Water to drink
DESSERT	Fruit salad	Piece of fruit	Piece of fruit	Piece of fruit	Piece of fruit

NOAH'S ARK NURSERY - ETHAN BRENNAN

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal Milk drink	Wholemeal Toast (no butter) Milk drink	Cereal Milk drink	Wholemeal Toast (no butter) Milk drink	Cereal Milk drink
SNACK AM + PM	Fresh Fruit Water to drink	Fresh Fruit Water to drink	Fresh Fruit Water to drink	Fresh Fruit Water to drink	Fresh Fruit Water to drink
LUNCH	Cod fish fingers and potato, salad with baked beans Water to drink	Quorn pieces, potatoes, with cauliflower and mixed veg water to drink	Noodles with roasted vegetables and quorn mince Water to drink	vegetable risotto Water to drink	Vegetable casserole with carrots and green beans Water to drink
DESSERT	Homemade Peach yoghurt s	Piece of fruit	Fruit salad	strawberries and peaches	Piece of fruit
TEA	Homemade tomato soup with bread (no butter) Water to drink	Cheese sandwiches in wholemeal bread, (no butter) cucumber and carrot sticks Water to drink	Homemade cheese and tomato pizza, carrot sticks Water to drink	Mushroom omelettes and mixed salad Water to drink	Vegetable pasta with garlic bread (no grated cheese) Water to drink
DESSERT	Banana's and raisins	Piece of fruit	Fruit kebabs	Piece of fruit	Fromage frais

NOAH'S ARK NURSERY - ETHAN BRENNAN

WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Wholemeal Toast (no butter)	Cereal	Wholemeal Toast (no butter)	Cereal	Wholemeal Toast (no butter)
	Milk drink	Milk drink	Milk drink	Milk drink	Milk drink
SNACK AM + PM	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Water to drink	Water to drink	Water to drink	Water to drink	Water to drink
LUNCH	Mixed vegetables, with spaghetti hoops and mash potato	Vegetable chilli con carne with rice and grated cheese	Macaroni, broccoli pasta bake with cauliflower cheese and mixed salad	Fresh fish portions, peas and sweetcorn	Homemade vegetable curry with rice and Wholemeal naan bread
	Water to drink	Water to drink	Water to drink	Water to drink	Water to drink
DESSERT	Piece of fruit	Jelly	Homemade Yoghurt	Fruit platter	Fruit
TEA	Ratatouille and pasta	Baked potato (no butter) with cauliflower cheese and mixed salad	Homemade chicken noodle soup with bread roll	Baked beans on wholemeal toast (no butter)	Cheese salad with beetroot
	Water to drink	Water to drink	Water to drink	Water to drink	Water to drink
DESSERT	Piece of fruit	Fromage frais	Piece of fruit	Peaches	Apple grapes and raisin