

Rainbows Nursery Sample Menu

Sample week	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A choice of Cereals and Oats with Whole/Dairy Free Milk, Wholemeal Toast and Fresh Fruit				
Morning Snack	A selection of fresh fruits and vegetables, which may include Apple, Pear, Grapes, Orange, Banana, Cucumber and Tomato with a choice of Breadstick/Cracker/Rice Cake plus Whole/Dairy Free Milk and Water				
Lunch	Fresh Italian Pasta Salad	Lamb Tagine (mixed bean) and CousCous	Chicken (Veg)& Rice Noodles Bowl	Falafel's with Salad, Pitta Bred and Greek Style Yoghurt	Salmon Pasta and Petite Poise
Dessert	Yogurt with Fruit Puree	Fruit Sorbet	Watermelon Pizza	Fruit Kebabs	Homemade Ice Lollies
Afternoon Snack	A selection of fresh fruits and vegetables, which may include Apple, Pear, Grapes, Orange, Banana, Cucumber and Tomato with a choice of Breadstick/Cracker/Rice Cake plus Whole/Dairy Free Milk and Water				
Tea	Salad Nicoise Pear Slices	Spinach & Basil pesto with Gnocchi Fromage Fraise	Spanish Omelette & Salad Sticks Fresh Berries	Fish cake (lentils & sweet potato cake) and salad sticks Banana pieces	Summer Vegetable Soup & Toasted Pitta Bread Slices Pineapple chunks
	* alternative option All meat served is Halal				