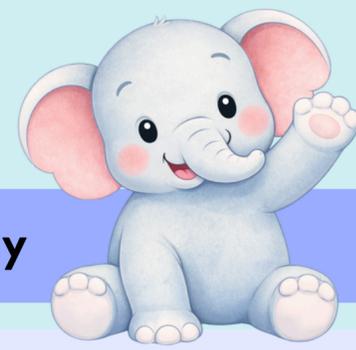


The Little Boat Nursery - Over 2s Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Creamy banana porridge topped with sliced banana	Weetabix served with warm milk and sliced fruit	Creamy strawberry & coconut-infused porridge	Warm English crumpets, lightly toasted & served with butter	Overnight oats with lightly spiced apple compote
Morning Snack	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection
Lunch	Cauliflower & broccoli oven-baked gratin served with roasted tomatoes and garlic bread fingers	Mild chicken & traditional Algerian Tlitli, slow-cooked with gentle flavours	Softly seasoned Mexican rice with vegetables, served with fresh tomato & coriander salad	Gently spiced red Lentil bake with grilled peppers and tomatoes	Slow-cooked leek, potato & chicken soup, served with homemade bread rolls
Pudding	Apple & cinnamon crumble served with warm custard	Fruit jelly	Homemade banana, date & oat balls	Blueberry sponge cake with a light Vanilla Chantilly cream	Natural yoghurt with raspberry compote
Afternoon Snack	Homemade toast fingers with freshly mashed banana	Natural yoghurt with homemade spiced apple & pear compote	Homemade pitta triangles served with smooth hummus	Fresh homemade breadsticks served with roasted red pepper & tomato dip	Tzatziki served with fresh cucumber sticks
Dinner	Carrot, courgette & potato bake with light herbs	Chicken, carrot & sweet potato medley, served with soft rice	Creamy jacket potato with baked beans & mild melted cheese	Cheese & cucumber sandwiches on homemade bread	Soft egg noodles with vegetables & chicken in a light homemade sauce

Freshly prepared, balanced meals designed to support growing appetites. For information regarding ingredients and allergens, please contact our nursery team.