


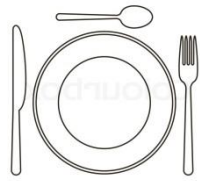







# Weekly Meal Plan

## Menu 1



 Eurus Childcare Centre	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Club</b> 	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts
<b>Morning Snack</b> 	Fresh Fruit  Raisins  Rich Tea Biscuit	Breadsticks Raisins  Sliced Apple or Carrot Batons	Mini Cheddars  Sliced Pear  Raisins Grapes	Fresh Fruit Slices-Apples Oranges, Pears  Crackers and Cheese	Rice Cakes  Fresh Grapes Raisins Cucumber Fingers
<b>Morning Drinks</b>	Water/Juice	Water/Juice	Water/Juice	Water/Juice	Water/Juice
<b>Lunch: Main</b> 	Sweet and Sour Chicken with Rice  Garden Peas	Tomato and Herb Pasta Bake  Broccoli and cauliflower	Roast Chicken with Roast Potatoes and Yorkshire Pudding in Gravy Mixed Veg	Sausage Casserole with New Potatoes  Mixed Veg	Fish Fingers Chips and Spaghetti
<b>Lunch: Vegetarian</b> 	Quorn Meatballs With Boiled Potatoes  Fresh Carrot or Sweetcorn	Tomato and Herb Pasta Bake  Broccoli and cauliflower	Quorn Roast Chicken with Roast Potatoes and Yorkshire Pudding Mixed Veg	Quorn Sausage Casserole with New Potatoes  Mixed Veg	Veggie Fingers, Chips and Spaghetti
<b>Lunch: Dessert</b> 	Bananas or Fruit	Chocolate Brownie and Ice Cream	Fruit Cocktail	Rocket Lolly	Jam Roly Poly and Custurd
<b>Lunchtime Drinks</b>	Water	Water	Water	Water	Water
<b>Afternoon Tea</b> 	Rice Cakes  Cheese Triangles Fresh Tomatoes / Fresh Fruit	Selection of Sandwiches - Ham, Chicken, Cheese, Marmite Cherry Tomatoes & Fruit	Muffins and Marmite  Fresh Orange Slices  Fruit Yogurt	Crackers with Soft Cream Cheese. Carrot Batons Sliced Pear  Fruit Yoghurt	Melba Toast with Cream Cheese or Hummus. Fresh Carrot Sticks/Sliced Pepper. Fruit Yoghurt
<b>Afternoon Drinks</b>	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk

\*Fresh Salad, Fruit Yoghurts, Cheese and Biscuits and Drinks will be available on a daily basis.

\*All dinners have Dairy Free alternatives and individual dietary needs will be catered for.

\*Babies may have an alternative meal plans in place (see daily record)








We will endeavour to provide this menu although it could be subject to change.



# Weekly Meal Plan

## Menu 2



 Eurus Childcare Centre	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Club</b> 	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts
<b>Morning Snack</b> 	Cheese Straws. Raisins Fresh Grapes or Apple Slices	Cracker Bread. Fresh Sliced Pear and Raisins	Breadsticks. Fresh Cucumber Fingers and Orange Slices	Mini Cheddars with Cheese Cubes. Raisins Fresh Cherry Tomatoes	Pitta Bread with Hummus. Fresh Pepper and Carrot Sticks Raisins
<b>Morning Drinks</b>	Water/Juice	Water/Juice	Water/Juice	Water/Juice	Water/Juice
<b>Lunch: Main</b> 	Meatballs, Potatoes and Vegetables with Gravy	Fishcake, Crispy Potatoes and Spaghetti	Sausage, Mash with Onion Gravy  Green Beans	Chicken Korma with Rice  Peas	4 Cheese Pizza with oven baked potato wedges  Beans
<b>Lunch: Vegetarian</b> 	Veggie Meatballs, Potatoes and Vegetables	Veggie Burger, Crispy Potatoes and Spaghetti	Quorn Sausage, Mash with Onion Gravy  Green Beans	Quorn Korma with Rice  Peas	4 Cheese Pizza with oven baked potato wedges  Beans
<b>Lunch: Dessert</b> 	Fromage Fraise	Choc-ice	Angel Delight	Bananas	Jelly and Ice-cream
<b>Lunchtime Drinks</b>	Water	Water	Water	Water	Water
<b>Afternoon Tea</b> 	Toasted Bagel and Cream Cheese Cucumber Slices or Fruit Yoghurt and Raisins	Rice Cakes and Cream Cheese. Crudités Fresh Fruit Platter	Wholemeal Toast With Butter and Ham. Diced Apple or Fruit Yoghurt and Raisins	Selection of Sandwiches - Ham, Chicken, Cheese, Marmite Cherry Tomatoes & Fruit	Muffins and Marmite  Fresh Orange Slices  Fruit Yoghurt
<b>Afternoon Drinks</b>	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk

\*Fresh Salad, Fruit Yoghurts, Cheese and Biscuits and Drinks will be available on a daily basis.

\*All dinners have Dairy Free alternatives and individual dietary needs will be catered for.

\*Babies may have an alternative meal plans in place (see daily record)




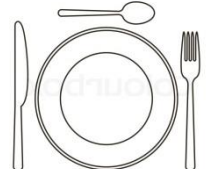



We will endeavour to provide this menu although it could be subject to change.



# Weekly Meal Plan

## Menu 3





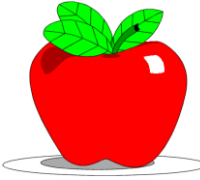




 Twixus Childcare Centre	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Club</b> 	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts
<b>Morning Snack</b> 	Breadsticks, Crudites with Hummus. Fresh Orange Segments and Raisins	Rice Cakes with Sliced Ham. Fresh Apple Slices and Raisins	Crackers with Cheddar Cheese Cubes. Cucumber Fingers and Raisins	Cheese Straws with Sliced Fresh Peppers. Fresh Pear segments and Raisins	Melba Toast with Dairylea Triangles. Fresh Lettuce, Cucumber and Cherry Tomatoes
<b>Morning Drinks</b>	Water/Juice	Water/Juice	Water/Juice	Water/Juice	Water/Juice
<b>Lunch: Main</b> 	Chicken Korma with Rice  Vegetables	Roast Chicken with Roast Potatoes and Yorkshire Pudding in Gravy Mixed Veg	Spaghetti and Meatballs with Home Made Tomato Sauce  Vegetables	Breaded Chicken Nuggets, Wedges and Spaghetti	Fishcake, Chips and Beans
<b>Lunch: Vegetarian</b> 	Quorn Korma with Rice  Vegetables	Quorn Roast Chicken with Roast Potatoes and Yorkshire Pudding  Mixed Veg	Spaghetti and Quorn Meatballs with Home Made Tomato Sauce  Vegetables	Quorn Chicken Nuggets, Wedges and Spaghetti	Fishcake, Chips and Beans
<b>Lunch: Dessert</b> 	Bananas	Jam Roly Poly and Ice-Cream	Fromage Fraise	Tinned Fruit Selection	Sponge cake and Custard
<b>Lunchtime Drinks</b>	Water	Water	Water	Water	Water
<b>Afternoon Tea</b> 	Wholemeal Toast with a Variety of Toppings. Fresh Fruit. Yoghurt	Hot Dogs in Finger Buns. Fresh Salad. Fruit Yoghurt with Fresh Fruit Segments	Pitta Bread and Dairylea Triangles. Fresh Lettuce, Cucumber and Tomatoes. Apple Slices, Fruit Yoghurt	Selection of Wholemeal Sandwiches - Cheese, Chicken, Ham, Marmite with Cherry Tomatoes. Fresh Strawberries	Crumpets with butter and cheese. Fresh Grapes. Fruit Yoghurt.
<b>Afternoon Drinks</b>	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
<i>*Fresh Salad, Fruit Yoghurts, Cheese and Biscuits and Drinks will be available on a daily basis.</i>					
<i>*All dinners have Dairy Free alternatives and individual dietary needs will be catered for.</i>					
<i>*Babies may have an alternative meal plans in place (see daily record)</i>					
We will endeavour to provide this menu although it could be subject to change.					
<b>THIS MENU IS PUBLISHED WEEKLY ON OUR PARENTS PAGE AT <a href="http://WWW.TWIXUS.CO.UK">WWW.TWIXUS.CO.UK</a></b>					



# Weekly Meal Plan

## Menu 4



 The Virus Childcare Centre	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Club</b> 	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts
<b>Morning Snack</b> 	Crackers with Butter. Cucumber Fingers, Raisins and Sliced Apple	Mini Cheddars with Cheddar Cheese Cubes. Fresh Cherry Tomatoes and Raisin	Cheese Straws. Fresh Grapes or Sliced Apple Raisins	Rice Cake. Fresh Slices of Apples and Oranges or Carrot Batons	Bread Sticks. Fresh Cucumber Slices, Cherry Tomatoes or Sliced Pear
<b>Morning Drinks</b>	Water/Juice	Water/Juice	Water/Juice	Water/Juice	Water/Juice
<b>Lunch: Main</b> 	Beef Casserole. with Potatoes and Vegetables	Sausage, Chips and Beans	4 Cheese Pizza with oven Crispy potatoes Spaghetti	Tomato and Herb Pasta Bake Mixed Veg	Mild Chilli Con Carne with Rice Carrots and Peas
<b>Lunch: Vegetarian</b> 	Quorn Casserole with Potatoes and Vegetables	Quorn Sausage, Chips and Beans	4 Cheese Pizza with oven Crispy potatoes Spaghetti	Tomato and Herb Pasta Bake Mixed Veg	Mild Quorn Chilli Con Carne with Rice Carrots and Peas
<b>Lunch: Dessert</b> 	Fromage Frais	Chocolate Log and Chocolate Custard	Bananas	Jelly and Ice-Cream	Mini Milk
<b>Lunchtime Drinks</b>	Water	Water	Water	Water	Water
<b>Afternoon Tea</b> 	Crumpets and Butter Sliced Fresh Fruit or Fruit Yoghurt	Melba Toast Cream Cheese or Hummus Fresh Carrot Stick and Sliced Peppers Fruit Yoghurt	Selection of Sandwiches - Ham, Chicken, Cheese, Marmite Ginger Bread Men or Organic Biscuits. Fruit Yoghurt	Wholemeal Toast with a Variety of Toppings Fresh Sliced Pear or Fruit Yoghurt	Rice Cakes with Cream Cheese. Cucumber Fingers and Cherry Tomatoes. Fresh Yoghurt
<b>Afternoon Drinks</b>	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk

## 🔪 Weekly Menu Plan 🔪

Menu 1	Menu 2	Menu 3	Menu 4
22.04.19	29.04.19	06.05.19	13.05.19
20.05.19	03.06.19	10.06.19	17.06.19
24.05.19	01.07.19	08.07.19	15.07.19
22.07.19	29.07.19	05.08.19	27.08.19