

WEEKLY MENU PLAN

Week 1







	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Club 	A selection of cereals, toast with various spreads, fresh fruit and yoghurts	A selection of cereals, toast with various spreads, fresh fruit and yoghurts	A selection of cereals, toast with various spreads, fresh fruit and yoghurts	A selection of cereals, toast with various spreads, fresh fruit and yoghurts	A selection of cereals, toast with various spreads, fresh fruit and yoghurts
Morning Snack 	Fresh fruit, Raisins and Rich Tea biscuit	Breadsticks, Raisins, sliced Apple or Carrot batons	Mini Cheddars sliced Pear, Raisins and Grapes	Crackers and Cheese with sliced Apples Oranges, Pears	Rice Cakes, fresh Grapes, Raisins and Cucumber Fingers
Morning Drinks	Water/Juice	Water/Juice	Water/Juice	Water/Juice	Water/Juice
Lunch: Main 	Beef casserole with boiled potatoes and vegetables	Tomato & Herb pasta bake with vegetables	Roast chicken, roast potatoes, Yorkshire pudding, gravy and vegetables	Sausage, fluffy mash and baked beans	Fish fingers, chips and spaghetti
Lunch: Vegetarian 	Quorn beef casserole with boiled potatoes and fresh vegetables	Tomato & Herb pasta bake with vegetables	Quorn roast chicken, roast potatoes, Yorkshire pudding, gravy and fresh vegetables	Linda McCartney sausage, fluffy mash and baked beans	Fish fingers, chips and spaghetti
Lunch: Dessert 	Banana	Chocolate brownie and Custard	Fresh fruit cocktail	Strawberry angel delight	Strawberry, lime, orange and blackcurrant Jelly
Lunchtime Drinks	Water/Juice	Water/Juice	Water/Juice	Water/Juice	Water/Juice
Afternoon Tea 	Rice Cakes, Cheese Triangles, fresh Tomatoes / fresh Fruit	Selection of Sandwiches – Ham, Chicken, Cheese, Marmite Cherry Tomatoes & Fruit	Muffins and Marmite with fresh Orange slices	Crackers with soft Cream Cheese. Carrot batons, sliced Pear	Melba Toast with Cream Cheese or Hummus, fresh Carrot sticks/sliced Pepper
Afternoon Drinks	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
<p><i>*Fresh Salad, 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></p>					
<p>We will endeavour to provide this menu although it could be subject to change</p>					
<p>THIS MENU IS PUBLISHED WEEKLY ON OUR PARENTS PAGE AT WWW.TWIXUS.CO.UK</p>					

WEEKLY MENU PLAN

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Club 	A selection of cereals, toast with various spreads, fresh fruit and yoghurts	A selection of cereals, toast with various spreads, fresh fruit and yoghurts	A selection of cereals, toast with various spreads, fresh fruit and yoghurts	A selection of cereals, toast with various spreads, fresh fruit and yoghurts	A selection of cereals, toast with various spreads, fresh fruit and yoghurts
Morning Snack 	Cheese Straws, Raisins, fresh Grapes or Apple slices	Cracker Bread with fresh sliced Pear and Raisins	Breadsticks with fresh Cucumber fingers and Orange slices	Mini Cheddars with Cheese Cubes, Raisins and fresh Cherry Tomatoes	Pitta Bread with Houmous, fresh Pepper and Carrot sticks with Raisins
Morning Drinks	Water/Juice	Water/Juice	Water/Juice	Water/Juice	Water/Juice
Lunch: Main 	Chicken korma with white rice and fresh vegetables	Four cheese pizza, oven baked potato wedges and spaghetti	Meatballs with spaghetti pasta in homemade tomato sauce	Chicken nuggets, chips and beans	Fish cake, roasted potatoes and beans
Lunch: Vegetarian 	Quorn chicken korma with white rice and fresh vegetables	Four cheese pizza, oven baked potato wedges and spaghetti	Quorn meatballs with spaghetti pasta in homemade tomato sauce	Quorn chicken nuggets, chips and beans	Fish cake, roasted potatoes and beans
Lunch: Dessert 	Fromage fraise	Banana	Chocolate log and custard	Fruit cocktail	Choc-ice
Lunchtime Drinks	Water/Juice	Water/Juice	Water/Juice	Water/Juice	Water/Juice
Afternoon Tea 	Toasted Bagel, Cream Cheese, Cucumber slices and Raisins	Rice Cakes with Cream Cheese. Crudités and fresh fruit platter	Wholemeal Toast with Butter, Ham, diced Apple and Raisins	Selection of Sandwiches – Ham, Chicken, Cheese, Marmite Cherry Tomatoes & Fruit	Muffins and Marmite, fresh Orange Slices
Afternoon Drinks	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
<p><i>*Fresh Salad, 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></p>					
<p>We will endeavour to provide this menu although it could be subject to change</p>					
<p>THIS MENU IS PUBLISHED WEEKLY ON OUR PARENTS PAGE AT WWW.TWIXUS.CO.UK</p>					

WEEKLY MENU PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Club 	A selection of cereals, toast with various spreads, fresh fruit and yoghurts	A selection of cereals, toast with various spreads, fresh fruit and yoghurts	A selection of cereals, toast with various spreads, fresh fruit and yoghurts	A selection of cereals, toast with various spreads, fresh fruit and yoghurts	A selection of cereals, toast with various spreads, fresh fruit and yoghurts
Morning Snack 	Breadsticks and Crudités 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
Morning Drinks	Water/Juice	Water/Juice	Water/Juice	Water/Juice	Water/Juice
Lunch: Main 	Spaghetti Bolognese with homemade tomato sauce and fresh vegetables	Sausage casserole, boiled potatoes and fresh vegetables	Mac n cheese with pancetta and breadcrumb topping with fresh vegetables	Fish finger, oven baked wedges and spaghetti	Chicken Breast, chips and beans
Lunch: Vegetarian 	Quorn spaghetti Bolognese with homemade tomato sauce and fresh vegetables	Linda McCartney sausage casserole, boiled potatoes and fresh vegetables	Mac n cheese with breadcrumb topping with fresh vegetables	Fish finger, oven baked wedges and spaghetti	Quorn chicken Breast, chips and beans
Lunch: Dessert 	Jam and cream filled Swiss Roll	Fromage fraise	Strawberry, lime, orange and blackcurrant Jelly	Strawberry Angel Delight	Vanilla, strawberry and chocolate Mini Milk
Lunchtime Drinks	Water/Juice	Water/Juice	Water/Juice	Water/Juice	Water/Juice
Afternoon Tea 	Wholemeal Toast with a variety of toppings and fruit	Hot Dogs in finger buns, fresh salad with fresh fruit segments	Pitta Bread and Dairylea Triangles. fresh Lettuce, Cucumber, Tomatoes and Apple slices	Selection of Wholemeal Sandwiches – Cheese, Chicken, Ham, Marmite with Cherry Tomatoes. Fresh Strawberries	Crumpets with butter and cheese with fresh Grapes
Afternoon Drinks	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
<p><i>*Fresh Salad, 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></p>					
<p>We will endeavour to provide this menu although it could be subject to change</p>					
<p>THIS MENU IS PUBLISHED WEEKLY ON OUR PARENTS PAGE AT WWW.TWIXUS.CO.UK</p>					

WEEKLY MENU PLAN

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Club 	A selection of cereals, toast with various spreads, fresh fruit and yoghurts	A selection of cereals, toast with various spreads, fresh fruit and yoghurts	A selection of cereals, toast with various spreads, fresh fruit and yoghurts	A selection of cereals, toast with various spreads, fresh fruit and yoghurts	A selection of cereals, toast with various spreads, fresh fruit and yoghurts
Morning Snack 	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 and Raisins	Rice Cake, fresh slices of Apples and Oranges or Carrot batons	Bread Sticks, fresh Cucumber slices, Cherry Tomatoes or sliced Pear
Morning Drinks	Water/Juice	Water/Juice	Water/Juice	Water/Juice	Water/Juice
Lunch: Main 	Sweet n sour chicken, white fluffy and fresh vegetables	Fish cake, crispy potatoes and spaghetti	Toad in the hole with mash and Onion gravy	Tomato & Herb pasta bake and fresh vegetables	Four cheese pizza, oven baked potato wedges and beans
Lunch: Vegetarian 	Quorn Sweet n sour chicken, white fluffy rice and fresh vegetables	Fish cake, crispy potatoes and spaghetti	Toad in the hole with Linda McCartney sausage, mash and Onion gravy	Tomato & Herb pasta bake and fresh vegetables	Four cheese pizza, oven baked potato wedges and beans
Lunch: Dessert 	Banana	Strawberry angel delight	Fromage fraise	Fresh fruit cocktail	Chocolate log with cream filling
Lunchtime Drinks	Water/Juice	Water/Juice	Water/Juice	Water/Juice	Water/Juice
Afternoon Tea 	Crumpets with butter and sliced fresh fruit	Melba Toast Cream Cheese or Hummus with fresh Carrot Stick and sliced Peppers	Cream Cheese, Cucumber Fingers and Cherry Tomatoes	Wholemeal Toast with a variety of toppings and fresh sliced Pear	Selection of Sandwiches – Ham, Chicken, Cheese, Marmite with organic Biscuits
Afternoon Drinks	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
<p><i>*Fresh Salad, Yoghurts, Cheese and Biscuits and Drinks will be available on a daily basis alternatives and individual dietary needs will be catered for alternative meal plans in place (see daily record)</i></p> <p><i>*All dinners have Dairy Free *Babies may have an</i></p>					
<p>We will endeavour to provide this menu although it could be subject to change</p>					
<p>THIS MENU IS PUBLISHED WEEKLY ON OUR PARENTS PAGE AT WWW.TWIXUS.CO.UK</p>					



WEEKLY MENU PLAN



Menu 1	Menu 2	Menu 3	Menu 4
2/9/19	9/9/19	16/9/19	23/9/19
30/9/19	7/10/19	28/10/19	4/11/19
11/11/19	18/11/19	25/11/19	2/12/19
9/12/19	16/12/19	-	-



Wixus Childcare Centre