




Weekly Meal Plan

Menu 1



 Eurus Childcare Centre	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Club 	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
Morning Snack 	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
Morning Drinks	Water/Juice	Water/Juice	Water/Juice	Water/Juice	Water/Juice
Lunch: Main 	Sweet and Sour Chicken with Rice Garden Peas	Beef Meatballs with Boiled Potatoes Gravy Fresh Carrot or Sweetcorn	Sausages with Fluffy Mashed Potatoes & Onion Gravy and Beans	Four Cheese Pizza with French Fries & Spaghetti	Breast of Chicken with Roast Potatoes, Gravy and Fresh Vegetables.
Lunch: Vegetarian 	Quorn Meatballs With Boiled Potatoes Fresh Carrot or Sweetcorn	Quorn Fillet with Rice Garden Peas	Linda McCartney Sausages with Mashed Potatoes Fresh Fine Green Beans	Veggie Burger with Potato Wedges Garden Vegetables or Baked Beans	Quorn Fillet with Roast Potatoes and Gravy. Fresh Vegetables.
Lunch: Dessert 	Fromage Frais or Dairy Free Dessert	Sponge cake and Custard	Mixed Fruit/Angel Delight	Bananas	Fruit Jellies
Lunchtime Drinks	Water	Water	Water	Water	Water
Afternoon Tea 	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
Afternoon Drinks	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)




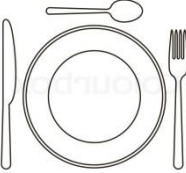



We will endeavour to provide this menu although it could be subject to change.



Weekly Meal Plan

Menu 2



 Eurus Childcare Centre	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Club 	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
Morning Snack 	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
Morning Drinks	Water/Juice	Water/Juice	Water/Juice	Water/Juice	Water/Juice
Lunch: Main 	Chicken Curry with Rice and Mini Naan Bread	Spaghetti Bolognese with Golden Vegetables or Jacket Potato	Roast Chicken with Roast Potatoes, Yorkshire Pudding, Broccoli, Cauliflower and Vegetable Gravy	Crispy Cod Fishcake Boiled Potatoes Fresh Peas and Sweetcorn or Spaghetti	Sausage, Mash and Beans
Lunch: Vegetarian 	Quorn Chicken Curry with Rice and Mini Naan Bread (alternative meals available on request)	Spaghetti Quorn - Mince Bolognese with Golden Vegetables or Jacket Potato	Quorn Fillet with Roast Potatoes, Yorkshire Pudding, Broccoli, Cauliflower and Vegetable Gravy	Veggie Burger with Sauté Potatoes Fresh Peas and Sweetcorn or Spaghetti	Linda McCartney Vegetarian Sausage, Mash and Beans
Lunch: Dessert 	Bananas	Chocolate Brownie or Ice Cream	Fresh Fruit Cocktail	Angel Cake Slice	Lemon Sponge Cake or Fresh Fruit
Lunchtime Drinks	Water	Water	Water	Water	Water
Afternoon Tea 	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
Afternoon Drinks	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






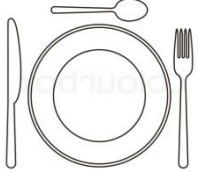



 Twixus Childcare Centre	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Club 	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts	A Selection of Cereals Toast and Various Spreads. Fresh Fruit and Yoghurts
Morning Snack 	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
Morning Drinks	Water/Juice	Water/Juice	Water/Juice	Water/Juice	Water/Juice
Lunch: Main 	Tomato and Herb Pasta Bake with a Fresh Wholemeal Breadcrumb Topping. Fresh Broccoli and Cauliflower	Spanish Chicken with Fluffy Rice and Golden Vegetables	Crispy baked Fish Medallions, French Fries and Spaghetti	Breaded Chicken Pieces, Crispy Potatoes and Baked Beans	Spaghetti and Meatballs in Pasta bolognaise sauce
Lunch: Vegetarian 	As Above (Alternative meals can be arranged)	Quorn Spanish Chicken with Fluffy Rice and Golden Vegetables	Veggi Fingers, French Fries and Vegetables	Quorn Breaded Chicken Pieces, Crispy Potatoes and Baked Beans	Quorn Chicken Fillet in Creamy Mushroom Sauce with New Potatoes and Vegetables
Lunch: Dessert 	Fromage Fraise	Angel Cake Slice or Fresh Fruit Slices	Bananas	Fruit Flavoured Jelly	Sponge cake and Custard
Lunchtime Drinks	Water	Water	Water	Water	Water
Afternoon Tea 	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.
Afternoon Drinks	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.					
THIS MENU IS PUBLISHED WEEKLY ON OUR PARENTS PAGE AT WWW.TWIXUS.CO.UK					



Weekly Meal Plan

Menu 4



 The Virus Childcare Centre	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Club 	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
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 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 	Beef Casserole. with New Potatoes and Fresh Vegetables	Crispy Cod Fillets. Oven Baked Potato Wedges Fresh Carrots, Garden Peas or Baked Beans	Chicken Carbonara. Rice and Fresh Vegetables	Sausages. Fresh Fluffy Mash with Onion Gravy Mixed Vegetables	Tomato and Herb Pasta Bake with a Fresh Wholemeal Breadcrumb and Vegetables
Lunch: Vegetarian 	Quorn Casserole with New Potatoes and Fresh Vegetables	Crispy Vegetarian Burger with Potato Wedges Fresh Carrots, garden peas or Baked Beans	Quorn Chicken Fillet. New Potatoes and Fresh Vegetables	Vegetarian Sausages. Fresh Fluffy Mash with Onion Gravy Fresh Fine Green Beans	As above
Lunch: Dessert 	Bananas and custard	Fresh Fruity Fromage Fraise or Fresh Orange and Apple Slices	Angel Delight	Chocolate Brownie or Fresh Fruit	Ice Cream or Fresh Fruit
Lunchtime Drinks	Water	Water	Water	Water	Water
Afternoon Tea 	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
Afternoon Drinks	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.