

Starfish Children's Day Nursery Menu - Tea

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Tortilla wraps with ham and cheese, Cucumber veg sticks	Hot cross buns/tea cakes, cheese cubes and apple	Mackerel sandwiches and carrot sticks	Tomato Soup with a wholemeal roll	Pitta bread with humous and cucumber
	Flapjack	Gingerbread men	Banana cake	Yogurt	Carrot cake
Week 2	Hot cross buns/tea cakes, cheese cubes and apple	Cheese and pickle sandwiches with carrot sticks	Vegetable soup with a wholemeal roll	Pitta bread with a red pepper humous and cucumber sticks	Tortilla wraps with tuna and cucumber
	Yogurt	Flapjack	Carrot cake	Gingerbread men	Banana cake
Week 3	Mackerel sandwiches and carrot sticks	Tomato Soup with a wholemeal roll	Pitta bread with humous and cucumber	Tortilla wraps with ham and cheese, Cucumber veg sticks	Hot cross buns/tea cakes, cheese cubes and apple
	Gingerbread men	Yogurt	Carrot cake	Flapjack	Yogurt
Week 4	Vegetable soup with a wholemeal roll	Pitta bread with a red pepper humous and cucumber sticks	Tortilla wraps with tuna and cucumber	Hot cross buns/tea cakes, cheese cubes and apple	Cheese and pickle sandwiches with carrot sticks
	Yogurt	Flapjack	Banana cake	Yogurt	Gingerbread men