

Meal Planner



Week 1: Moonlight Nursery & Preschool Spring-Summer Menu

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Tea and Pudding
Monday	Selection of cereal/toast/crumpets/pancake and fruit	Breadsticks and mixed vegetable sticks	Thai chicken curry with basmati rice	Apple slices with peanut butter	Bean and tomato gnocchi bake with bread and spread, Banana frozen yoghurt
Tuesday	Selection of cereal/toast/crumpets/pancake and fruit	Toasted crumpet, spread and banana	Lamb or Lentil moussaka with couscous	Greek yogurt with honey	Tuna fishcakes with tomato pasta and mixed salad
Wednesday	Selection of cereal/toast/crumpets/pancake and fruit	Yoghurt and sliced strawberry	Beef stew with peas and potatoes	Blueberry sponge cake	Chicken wrap with hummus and veggies
Thursday	Selection of cereal/toast/crumpets/pancake and fruit	Wholemeal toast with spread and mango	Baked chicken breast with potato	Hummus with carrot sticks	Potato salads and pepper sticks Apple slices and blueberries
Friday	Selection of cereal/toast/crumpets/pancake and fruit	Pineapple slices	Vegetable curry with white rice	Dark chocolate and almonds	Wholemeal English muffin pizza and rice pudding with peach puree

NOTE: Fresh drinking water is available and accessible at all times

Please speak to management if you require any allergen information in line with our menus

Meal Planner



Week 2: Moonlight Nursery & Preschool Spring-Summer Menu

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Tea and Pudding
Monday	Selection of cereal/toast/crumpets/ pancake and fruit	Crackers & Oranges	Spaghetti bolognaise with mixed veggies	Toast with houmous	Grilled lemon and honey chicken with broccoli and flapjacks
Tuesday	Selection of cereal/toast/crumpets/ pancake and fruit	Muffin & Pears	Macaroni cheese with salad and butternut squash	Vanilla milkshake	Baked potato with cheese, mixed salad and pineapple
Wednesday	Selection of cereal/toast/crumpets/ pancake and fruit	Yoghurt and sliced strawberry	Roast chicken with roast potatoes and carrots	Cracker with cream cheese	Beef and vegetable stew with dumplings and yoghurt
Thursday	Selection of cereal/toast/crumpets/ pancake and fruit	Pitta fingers & Banana	Fishmongers with potatoes and peas	Rice cakes	Risotto with mixed salad, banana and custard
Friday	Selection of cereal/toast/crumpets/ pancake and fruit	Melon slices	Vegetable curry with basmati rice	Fruit salad	Pizza and rice pudding with strawberry puree

NOTE: Fresh drinking water is available and accessible at all times

Please speak to management if you require any allergen information in line with our menus

Meal Planner



Week 3: Moonlight Nursery & Preschool Spring-Summer Menu

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Tea and Pudding
Monday	Selection of cereal/toast/crumpets/pancake and fruit	Fresh melon	Minced lamb with mashed potato and green beans	Cucumber & Plum	Pesto gnocchi bake with bread and spread, Peach frozen yoghurt
Tuesday	Selection of cereal/toast/crumpets/pancake and fruit	Strawberry yoghurt	Lamb or Lentil moussaka with couscous	Greek yogurt with orange jam	Tuna fishcakes with tomato pasta and mixed salad, vanilla sponge
Wednesday	Selection of cereal/toast/crumpets/pancake and fruit	Pineapple and sticks	Spinach and ricotta tortellini in tomato sauce with mixed salad	Carrot cake	Chicken wrap with hummus and veggies, fruit salad
Thursday	Selection of cereal/toast/crumpets/pancake and fruit	Crackers with cream cheese	Fish fingers with chips and peas	Bagels & Melon	Baked beans and jacket potatoes, banana pudding
Friday	Selection of cereal/toast/crumpets/pancake and fruit	Rice cakes	Chicken and mushroom pie with sweet potato and carrots	Hummus with cracker	Potato salads and pepper sticks Apple slices and blueberries

NOTE: Fresh drinking water is available and accessible at all times

Please speak to management if you require any allergen information in line with our menus

Meal Planner



Week 4: Moonlight Nursery & Preschool Spring-Summer Menu

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Tea and Pudding
Monday	Selection of cereal/toast/crumpets/ pancake and fruit	Bagels & Kiwi	Lentil soup and pitta bread	Pineapple slices	Pasta with beans and potatoes, rice pudding
Tuesday	Selection of cereal/toast/crumpets/ pancake and fruit	Toasted crumpet, spread and strawberry	Fish pie, beans and potatoes	Mashed avocado and pitta bread	Sweet potato & carrot soup with bread, plums
Wednesday	Selection of cereal/toast/crumpets/ pancake and fruit	Yoghurt and sliced banana	Chicken with tomato pasta	Fruit salad	Chicken wrap with hummus and veggies, apples
Thursday	Selection of cereal/toast/crumpets/ pancake and fruit	Muffin & Oranges	Salmon and bean risotto	Sponge cake	Jacket potato & beans, melon
Friday	Selection of cereal/toast/crumpets/ pancake and fruit	Watermelon slices	Bean and basmatice rice with yoghurt	Rhubarb fool	Mozzarella pizza, rice pudding

NOTE: Fresh drinking water is available and accessible at all times

Please speak to management if you require any allergen information in line with our menus