

Mighty Tots Nursery



Morning Session

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge with mashed banana	Weetabix with milk	Toast fingers & yogurt	Cornflakes & strawberries	Warm bagel with butter
Morning Snack	Apple slices (softened)	Rice cakes & pear chunks	Cucumber sticks & hummus	Banana coins & oatcakes	Melon chunks & breadsticks
Main Lunch	Jacket Potato (Microwaved) with Beans & Cheese	Pasta Shells with peas, sweetcorn & mild ham	Scrambled Eggs on toast with tomato wedges	Chicken Quesadilla (Pan-toasted) with melted cheese	Warm bagel with butter

Afternoon Session

	Monday	Tuesday	Wednesday	Thursday	Friday
Afternoon Snack	Cheese cubes & crackers	Greek yogurt with blueberries (halved)	Steamed carrot sticks & cream cheese dip	Half a toasted English muffin with jam	Fruit salad (soft fruits)
Drink Options	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water