

Balfour Nursery Sample Menu

We ensure all our healthy, nutritious, freshly prepared meals include a halal, non halal and vegetarian option.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|--|---|---|--|
| Breakfast | A variety of cereal, toast with different toppings, fresh fruit and yoghurt served with warm or cold milk, fresh fruit juice or water. | | | | |
| Snack AM | A selection of different fruits, vegetable sticks, rice cakes, bread sticks, pitta fingers, melba toast and dips. | | | | |
| Lunch | Mince and onion pie, sweet potato cubes with courgette ribbons | Sweet and sour chicken served with egg fried rice | Homemade lasagne with buttery new potato and fresh broccoli | Roast chicken served with roast potatoes, roast parsnips, cabbage and onion gravy | Mild spinach and potato curry served with fluffy basmati rice |
| Dessert | Creamy homemade rice pudding | Homemade mixed berry frozen yoghurt | Warm apple crumble served with vanilla custard | A trio of melon medley | Warm mini lemon curd pies with a slash of cream |
| Snack PM | A selection of different fruits, vegetable sticks, rice cakes, bread sticks, pitta fingers, melba toast and dips. | | | | |
| Tea | Balfour's butternut squash and carrot soup served with wholemeal squares | Mini pitta pockets with a choice of tuna and sweetcorn, cheese and lettuce or chicken and cucumber | Oven baked jacket potatoes with baked beans and grated cheese | Creamy cheese and broccoli pasta bake with a crunchy breadcrumb topping | A choice of cheese and marmite, jam or egg mayonnaise mini triangle sandwiches |
| Dessert | Homemade fruit muffins | Banana and orange tea bread | Homemade gingerbread animals | Freshly made warm carrot cake slices | Chewy chocolate fridge cake |