

AUTUMN MENUS



TinyTots@Trethorne
DELIGHT IN DISCOVERY

www.tinytotstrethorne.co.uk

WEEK 1	MON	TUES	WED	THURS	FRI
Mid-morning snack	Milk Mixed toast and a selection of seasonal fruit	Milk Crumpets with butter and a selection of seasonal fruit and vegetables	Milk Mixed toast with smooth peanut butter	Milk Soft white muffins with grapes and cheddar cheese	Milk Cream crackers with butter and soft cheese
Lunch Water and diluted fruit juice	Roast dinner with potatoes and a selection of seasonal vegetables Fruit crumble and custard	Cottage Pie with peas and carrots Bread and Butter Pudding	Chicken risotto and red pepper sticks Fruit sponge and custard	Vegetable bake with spinach and chickpeas Apricot fool with chopped apricot	Macaroni cheese with chicken and leeks Fresh Fruit salad
Afternoon snack	Milk Cream crackers with soft cheese and a selection of fruit	Milk Natural yogurt and a selection of fruit slices	Milk *Children to prepare snack Breadsticks, homemade dip with a selection of vegetables	Milk Crumpets with butter and a selection of fruit	Milk Mixed toast with smooth peanut butter and a selection of fruit and vegetables
Tea Water and diluted fruit juice	Wraps with hummus and a selection of vegetables Tinned fruit in natural juice	Jacket Potato with tuna in spring water, soft cheese and slices of cucumber Selection of dried fruit	Baked Beans on mixed toast with sliced peppers Natural yogurt with a selection of fresh fruit	Pasta with soft cheese, ham and peas Ice cream	Egg and tomato sandwiches on white and brown bread Fromage Frais with chopped fruit

WEEK 2	MON	TUES	WED	THURS	FRI
Mid-morning snack	Milk Mixed toast and a selection of seasonal fruit	Milk Wraps with hummus dip and a selection of vegetables	Milk Cream crackers with butter and soft cheese	Milk Mixed toast with smooth peanut butter	Milk Wraps with hummus dip and a selection of vegetables
Lunch Water and diluted fruit juice	Roast dinner with potatoes and a selection of seasonal vegetables Rice Pudding	Beef Stew and vegetables Fruit Salad	Vegetable Pie with lentil mash top Stewed apple and raisins	Chicken Fajitas with wraps and salad Spotted Dick and custard	Fish Pie with peas and carrots Bananas and custard
Afternoon snack	Milk Natural yogurt and a selection of fruit slices	Milk Mixed toast with smooth peanut butter and a selection of fruit and vegetables	Milk *Children to prepare snack Breadsticks, homemade dip with a selection of vegetables	Milk Crumpets with butter and a selection of fruit and vegetables	Milk Cream crackers with soft cheese and a selection of fruit
Tea Water and diluted fruit juice	Wraps with ham and soft cheese and a selection of vegetables Tinned fruit in natural juice	Tuna pasta with soft cheese and peas Dairy Ice cream	Scrambled eggs and chopped cherry tomatoes on mixed toast Natural yogurt with a selection of fresh fruit	Jacket potato with cheddar cheese, baked beans and cucumber slices Fromage Frais with dried fruit	Soft cheese and tomato sandwiches on white and brown bread. Selection of fresh fruit and vegetables

*Each week the children will prepare a different snack, which will include hummus, mackerel pate, guacamole and salsa. For the recipes and further information about the Nippers' Nutrition programme follow the website link www.cornwall.gov.uk/default.aspx?page=29695