

Ninna Nanna Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:00-9:00	Porridge, cereals, buttered toast, fresh fruit, toasted bagel, pancakes, buttered crumpets	Porridge, cereals, buttered toast, fresh fruit, toasted bagel, pancakes, buttered crumpets	Porridge, cereals, buttered toast, fresh fruit, toasted bagel, pancakes, buttered crumpets	Porridge, cereals, buttered toast, fresh fruit, toasted bagel, pancakes, buttered crumpets	Porridge, cereals, buttered toast, fresh fruit, toasted bagel, pancakes, buttered crumpets
Snack 10:00	Fresh fruit, rice cakes, dried fruit, biscuits	Fresh fruit, rice cakes, dried fruit, biscuits	Fresh fruit, rice cakes, dried fruit, biscuits	Fresh fruit, rice cakes, dried fruit, biscuits	Fresh fruit, rice cakes, dried fruit, biscuits
Lunch 11:30/ 12:00	Vegetable Lasagne, Fresh fruit and/or yoghurt	Soup (Tomato/chicken/mushrooms/carrots etc) Fresh fruit and/or yoghurt	Quiche (vegetarian or cheese and ham) and vegetables. Fresh fruit and/or yoghurt	Mushrooms and pancetta risotto	Fish and chips and mushy peas. Fresh fruit and/or yoghurt
Snack 15:00	Fresh fruit, rice cakes, dried fruit, biscuits, glass of fresh milk	Fresh fruit, rice cakes, dried fruit, biscuits, glass of fresh milk	Fresh fruit, rice cakes, dried fruit, biscuits, glass of fresh milk	Fresh fruit, rice cakes, dried fruit, biscuits, glass of fresh milk	Fresh fruit, rice cakes, dried fruit, biscuits, glass of fresh milk
Dinner 17:30/ 18:00	Steak and Ale pie with broccoli. Fresh fruit and/or yoghurt	Chicken nuggets, sauteed potatoes and peas Fresh fruit and/or yoghurt	Pasta with tomatoes and vegetable sauce Fresh fruit and/or yoghurt	Homemade pizza Fresh fruit and/or yoghurt	Mixed vegetables and cod risotto Fresh fruit and/or yoghurt