

Sample Nursery Menu

Autumn/ Winter

Monday	BREAKFAST Crumpets y fruta	SNACK Tortitas de avena con queso y naranja / Oatcakes with cream cheese and oranges	LUNCH Pasta con ternera y verduras. Fruta / Pasta with beef and vegetables	TEA Verduras con tortilla y patatas. Fruta / Vegetables with omelette and potatoes
Tuesday	BREAKFAST Porridge y fruta	SNACK Palitos de pan con humus y pepino / Breadsticks w / hummus and cucumber	LUNCH Legumbres con pescado y verduras. Yogurt / Legumes with fish and vegetables	TEA Verduras con ternera y patatas. Fruta / Vegetables with beef and potatoes
Wednesday	BREAKFAST Yogurt y fruta	SNACK Tortita de arroz y fruta / Rice cakes and fruit	LUNCH Pasta con pavo y verduras. Arroz con leche / Pasta with turkey and vegetables. Rice pudding	TEA Crema de zanahoria con pan. Fruta / Carrot soup with bread
Thursday	BREAKFAST Bagels mañaneros con plátano y leche / Bagels with banana and milk	SNACK Pan con tomate / Bread with tomato	LUNCH Arroz con verduras y pollo. Gelatina / Rice with vegetables and chicken. Jelly	TEA Verduras con pescado. Fruta / Vegetables with fish
Friday	BREAKFAST Huevos revueltos con tostadas y fruta	SNACK Craker con pimientos / Cream cracker with pepper sticks	LUNCH Pescado al horno con verduras. Fruta / Baked fish with vegetables	TEA Pure de verduras con pan. Yogurt / Vegetable puree with bread

Anglo Spanish meals are all homemade daily with no added sugar or salt.

Drinks: Tap water is served throughout the day, with milk available at snack times.

Dietaries: All dietary needs are catered for, vegetarian options are available.

Weaning: Purees and finger foods are available for smaller children who have begun weaning.

This is a sample menu. Menus are rotated on a three-week basis.

Please contact our nursery manager to request the full three-week rotation, vegetarian menu or weaning menu, including allergen information.