

Sample Nursery Menu

Spring/ Summer

Monday	BREAKFAST Crumpets y fruta	SNACK Humus con pepino / hummus with cucumber	LUNCH Pollito con verduras. Fruta / Chicken stew with carrots and potatoes	TEA Judías y patatas al horno con queso. Fruta / Beans and potatoes with cheese
Tuesday	BREAKFAST Porridge y fruta	SNACK Zumito natural / Homemade juice	LUNCH Lentejas con pavo y verduras. Yogurt / Lentils with turkey and vegetables	TEA Goujons de pescado con pure de patata. Fruta / Fish goujons with peas and sweet potato mash
Wednesday	BREAKFAST Yogurt y fruta	SNACK Pan con tomate / Bread with tomato	LUNCH Pasta con pollito en salsa de verduras. Natillas caseras / Pasta with chicken and vegetables. Homemade custard	TEA Frittata de verduras con queso. Fruta / Vegetable frittata muffins and cheese
Thursday	BREAKFAST Bagels mañaneros con plátano y leche / Bagels with banana and milk	SNACK Tortita de arroz y fruta / Rice cake	LUNCH Risotto con pollito y setitas. Fruta / Risotto with chicken and mushrooms	TEA Salteado de ternera con verduras y arroz. Fruta / Beef and vegetable stir-fry with brown rice
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 Puré de verduras con pescado y pan. Fruta / Seasonal vegetable puree with fish and 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.