Sample Nursery Menu

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