



CHILDVILLE CHILDMINDING

SAMPLE MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge with Banana	Yogurt with Berries	Avocado on Toast	Home made Pancakes	Eggs on Toast
Morning Snack	Oat Cakes, Cheese and Grapes	Fruit Salad	Home made Cookies (made with children's help) and Milk	Fruit and Oat Smoothies (made with the children's help)	Berry Fruit Salad
Lunch	Chicken and Broccoli Risotto	Fish Pie	Spaghetti Bolognese	Vegetable and Chicken Curry with Jasmine Rice	Greek Spinach Rice with Feta Cheese
Afternoon Snack	Fruit Selection	Hummus with Carrot and Celery Sticks and/or Fruit	Fruit Smoothies (made with the children's help)	Yogurt with Honey and/or Fruit	Bagels with Cream Cheese and/or Fruit
Dinner	Butternut Squash Soup with Fresh Bread	Butgur Wheat with Mixed Vegetables	Falafel with Pita Bread and Vegetables	Cod Soup with Fresh Bread	Roast Chicken with Vegetables

childville.co.uk

info@childville.co.uk

M: 07988761238