

## EATING WELL

At all of our Collin Care Nurseries, our menus offer a wide range of diverse dishes, using fresh, seasonal, and local – where possible, ingredients to help give your child the best start in life.

For babies and children with specific dietary requirements, your nursery manager will be happy to discuss options.

## SAMPLE MENU

### Breakfast

A selection of cereal with milk and fruit will be served.

### Snack

|                             |                     |
|-----------------------------|---------------------|
| Fresh fruit                 | Pancakes            |
| Dried fruit                 | Bread sticks & dip  |
| Crackers with cheese/spread | Veggie sticks & dip |
| Yoghurt &                   | Fruit Loaf          |
| Scones                      | Bagels              |

### Main Courses

|                           |                              |
|---------------------------|------------------------------|
| Pasta Bake & Garlic Bread | Spaghetti Bolognese          |
| Hotpot                    | Mince & potatoes             |
| Soup & Sandwich           | Pizza & Salad                |
| Fish Cakes, Veg & Wedges  | Homemade Chicken & Veg Curry |

### Desserts

Homemade cake & custard  
Jelly & fruit  
Fresh fruit  
Yoghurt & fruit  
Crumble and custard