

NIDO EARLY SCHOOL

SUMMER/ AUTUMN MENU



This menu was made in
partnership with Nourished Beginnings
www.nourishedbeginnings.org



Nido Early School Summer-Autumn Menu

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)
MORNING TEA	Fruit & vegetable platter with cheese & crackers	Fruit & yoghurt	Fruit & vegetable platter with cheese & crackers	Smoothies with vegetable platter	Breakfast crumble with frozen yoghurt
LUNCH	Beef biryani	Sandwiches/Wraps with a selection of vegetables and protein	Creamy fish & cauliflower curry	Beef & spiced vegetable couscous	Chicken chow mein with noodles
VEGETARIAN OPTION	Lentil biryani	Selection of sandwiches	Creamy chickpea & cauliflower curry	Spiced chickpea & vegetable couscous	Lentil & vegetable chow mein with noodles
AFTERNOON TEA	Cinnamon crunch muesli with fruit & yoghurt / milk	Banana & oat biscuits with vegetable platter	Apple cinnamon bars with milk / yoghurt	Berry peach bites with fruit platter & milk / yoghurt	Fruit & vegetable platter with homemade dip & turkish dippers
LATE SNACK	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers



WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)
MORNING TEA	Breakfast crumble with frozen yoghurt	Fruit & vegetable platter with cheese & crackers	Smoothies with vegetable platter	Fruit & vegetable platter with cheese & crackers	Fruit & yoghurt
LUNCH	DIY beef & vegetable noodle bowls	Sandwiches/Wraps with a selection of vegetables & tuna	Chicken & vegetable fried rice	Mexican bake with mixed vegetables	Vegetarian Pizzas
VEGETARIAN OPTION	Savoury lentils with vegetables & noodles	Sandwiches / wraps with a selection of vegetables	Eggy fried rice with vegetables	Mexican bean bake with mixed vegetables	Vegetarian pizzas
AFTERNOON TEA	Fruit & vegetable platter with homemade dip & turkish dippers	Blueberry apple loaf with seasonal fruit & milk / yoghurt	Savoury scones with cheese & fruit	Muesli bar slice with milk / yoghurt	Choc* coconut muesli with fruit & yoghurt *Made with organic cacao powder
LATE SNACK	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers



WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)
MORNING TEA	Smoothies with vegetable platter	Fruit & vegetable platter with cheese & crackers	Fruit & yoghurt	Breakfast crumble with frozen yoghurt	Fruit & vegetable platter with cheese & crackers
LUNCH	Beef a la King	Chicken & vegetable bolognese	Sandwiches/Wraps with a selection of vegetables	Beef burrito platters with quinoa rice	Tuna, pumpkin & broccoli pasta
VEGETARIAN OPTION	Lentil a la King	Lentil & vegetable bolognese	SandwichSandwiches / wraps with a selection of vegetables	Bean burrito platters	Pumpkin & broccoli pasta
AFTERNOON TEA	Cinnamon crunch muesli with fruit & yoghurt	Carrot & ginger loaf with fruit & milk / yoghurt	Coco choc bars with a seasonal fruit platter <small>*Made with organic cacao powder</small>	Fruit & vegetable platter with homemade dip & turkish dippers	Banana bread with milk / yoghurt & fruit platter
LATE SNACK	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers



WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)
MORNING TEA	Fruit & vegetable platter with cheese & crackers	Smoothies with vegetable platter	Breakfast crumble with frozen yoghurt	Fruit & yoghurt	Fruit & vegetable platter with cheese & crackers
LUNCH	Fish mornay with pasta and vegetables	Beef & vegetable stir fry	Mushroom chicken with steamed greens & quinoa rice	Sandwiches/Wraps with a selection of vegetables	Beef & vegetable gratin with rainbow salad
VEGETARIAN OPTION	Lentil & vegetable mornay	Tofu & vegetable stir fry	Mushrooms with lentils, greens and quinoa rice.	Sandwiches / wraps with a selection of vegetables	Lentil & vegetable gratin with rainbow salad
AFTERNOON TEA	Banana and apple slice with fruit & milk / yoghurt	Choc* coconut muesli with fruit & yoghurt*Made with organic cacao powder	Fruit & vegetable platter with homemade dip & turkish dippers	Apricot muffins with fruit & vegetable platter	Berry bites with a fruit and milk / yoghurt
LATE SNACK	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers



Nido Early School Summer Babies Menu

6 months: smooth puree | 7 - 9 months: soft & lumpy | 10 - 12 months: soft & chunky

All babies menus take into account each child's individual needs & will be updated with the child's family on a regular basis

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA 6 months	Fruit puree	Fruit puree	Fruit puree	Fruit puree	Fruit puree
MORNING TEA 7 - 9 months	Softened fruit, vegetables & cheese	Softened fruit with yoghurt	Softened fruit, vegetables & cheese	Smoothies with softened vegetables	Fruit crumble with yoghurt
MORNING TEA 10 - 12 months	Fruit & vegetable platter with cheese & crackers	Fruit & yoghurt	Fruit & vegetable platter with cheese & crackers	Smoothies with vegetable platter	Breakfast crumble with frozen yoghurt
LUNCH 6 months	Vegetable puree	Vegetable puree	Vegetable puree	Vegetable puree	Vegetable puree
LUNCH 7 - 9 months	Softened vegetables with rice	Softened vegetables with cheese	Fish with rice & softened vegetables	Softened vegetables with quinoa	Chicken with rice & softened vegetables
LUNCH 10 - 12 months	Beef biryani	Sandwiches/Wraps with a selection of vegetables and protein	Creamy fish & cauliflower curry	Beef & spiced vegetable couscous	Chicken chow mein with noodles
AFTERNOON TEA 6 months	Fruit puree	Fruit & vegetable puree	Fruit puree	Fruit puree	Fruit & vegetable puree
AFTERNOON TEA 7 - 9 months	Softened fruit with yoghurt	Softened fruit & vegetables	Softened fruit with yoghurt	Softened fruit with yoghurt	Softened vegetables & fruit with yoghurt & cheese
AFTERNOON TEA 10 - 12 month	Cinnamon crunch muesli with fruit & yoghurt / milk	Banana & oat biscuits with vegetable platter	Apple cinnamon bars with milk / yoghurt	Berry peach bites with fruit platter & milk / yoghurt	Fruit & vegetable platter with homemade dip & turkish dippers



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WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA 6 months	Fruit puree	Fruit puree	Fruit puree	Fruit puree	Fruit puree
MORNING TEA 7 - 9 months	Fruit crumble with yoghurt	Softened fruit, vegetables & cheese	Smoothies with softened vegetables	Softened fruit, vegetables & cheese	Softened fruit with yoghurt
MORNING TEA 10 - 12 months	Breakfast crumble with frozen yoghurt	Fruit & vegetable platter with cheese & crackers	Smoothies with vegetable platter	Fruit & vegetable platter with cheese & crackers	Fruit & yoghurt
LUNCH 6 months	Vegetable puree	Vegetable puree	Vegetable puree	Vegetable puree	Vegetable puree
LUNCH 7 - 9 months	Softened vegetables with quinoa or rice	Softened vegetables with cheese	Chicken with softened vegetables & rice	Softened vegetables with rice or quinoa	Softened vegetables with cheese.
LUNCH 10 - 12 months	DIY beef & vegetable noodle bowls	Sandwiches/Wraps with a selection of vegetables & tuna	Chicken & vegetable fried rice	Mexican bake with mixed vegetables	Vegetarian Pizzas
AFTERNOON TEA 6 months	Fruit & vegetable puree	Fruit puree	Fruit & vegetable puree	Fruit puree	Fruit puree
AFTERNOON TEA 7 - 9 months	Softened vegetables & fruit with yoghurt & cheese	Softened fruit with yoghurt	Softened fruit & vegetables with cheese	Softened fruit with yoghurt	Softened fruit with yoghurt
AFTERNOON TEA 10 - 12 month	Fruit & vegetable platter with homemade dip & turkish dippers	Blueberry apple loaf with seasonal fruit & milk / yoghurt	Savoury scones with cheese & fruit	Muesli bar slice with milk / yoghurt	Choc* coconut muesli with fruit & yoghurt *Made with organic cacao powder



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WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA 6 months	Fruit puree	Fruit puree	Fruit puree	Fruit puree	Fruit puree
MORNING TEA 7 - 9 months	Smoothies with softened vegetables	Softened fruit, vegetables & cheese	Softened fruit with yoghurt	Fruit crumble with yoghurt	Softened fruit, vegetables & cheese
MORNING TEA 10 - 12 months	Smoothies with vegetable platter	Fruit & vegetable platter with cheese & crackers	Fruit & yoghurt	Breakfast crumble with frozen yoghurt	Fruit & vegetable platter with cheese & crackers
LUNCH 6 months	Vegetable puree	Vegetable puree	Vegetable puree	Vegetable puree	Vegetable puree
LUNCH 7 - 9 months	Softened vegetables with rice	Chicken with rice, cheese & softened vegetables	Softened vegetables with cheese	Quinoa rice with cheese, yoghurt & softened vegetables	Softened vegetables with rice
LUNCH 10 - 12 months	Beef a la King	Chicken & vegetable bolognese	Sandwiches/Wraps with a selection of vegetables	Beef burrito platters with quinoa rice	Tuna, pumpkin & broccoli pasta
AFTERNOON TEA 6 months	Fruit puree	Fruit & vegetable puree	Fruit puree	Fruit & vegetable puree	Fruit puree
AFTERNOON TEA 7 - 9 months	Yoghurt with softened fruit	Yoghurt with softened fruit & carrot	Softened fruit	Softened fruit, vegetables & dip	Mashed banana with yoghurt
AFTERNOON TEA 10 - 12 month	Cinnamon crunch muesli with fruit & yoghurt	Carrot & ginger loaf with fruit & milk / yoghurt	Coco choc bars with a seasonal fruit platter	Fruit & vegetable platter with homemade dip & turkish dippers	Banana bread with milk / yoghurt & fruit platter



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WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA 6 months	Fruit puree	Fruit puree	Fruit puree	Fruit puree	Fruit puree
MORNING TEA 7 - 9 months	Softened fruit, vegetables & cheese	Smoothies with softened vegetables	Fruit crumble with yoghurt	Softened fruit with yoghurt	Softened fruit, vegetables & cheese
MORNING TEA 10 - 12 months	Fruit & vegetable platter with cheese & crackers	Smoothies with vegetable platter	Breakfast crumble with frozen yoghurt	Fruit & yoghurt	Fruit & vegetable platter with cheese & crackers
LUNCH 6 months	Vegetable puree	Vegetable puree	Vegetable puree	Vegetable puree	Vegetable puree
LUNCH 7 - 9 months	Fish with quinoa, cheese & softened vegetables	Softened vegetables with rice.	Chicken with rice, quinoa & softened vegetables	Softened vegetables with cheese	Rice with cheese & softened vegetables
LUNCH 10 - 12 months	Fish mornay with pasta and vegetables	Beef & vegetable stir fry	Mushroom chicken with steamed greens & quinoa rice	Sandwiches/Wraps with a selection of vegetables	Beef & veggie gratin with rainbow salad
AFTERNOON TEA 6 months	Fruit & vegetable puree	Fruit puree	Fruit & vegetable puree	Fruit & vegetable puree	Fruit puree
AFTERNOON TEA 7 - 9 months	Yoghurt with softened fruit & carrot	Yoghurt with softened fruit	Softened fruit, vegetables & dip	Softened fruit & vegetables	Softened fruit with yoghurt
AFTERNOON TEA 10 - 12 month	Banana and apple slice with fruit & milk / yoghurt	Choc* coconut muesli with fruit & yoghurt	Fruit & vegetable platter with homemade dip & turkish dippers	Apricot muffins with fruit & vegetable platter	Berry bites with a fruit and milk / yoghurt

