



Green Oaks Day Nursery
Jubilee Cottage
Enfield Road
EN2 7HU

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal with Oat milk/ whole milk	Bagels with cream cheese	Cinnamon porridge with fruit on the side	Toast with homemade Chia jam	Weetabix
Snack AM	Fresh fruit with breadsticks	Sugar free banana loaf with strawberries	Pitta bread, veg sticks and homemade houmous	Fruit smoothies with homemade sugar free biscuits.	Buttered crumpets with fresh fruit.
Snack PM	Fresh Fruit with greek yogurt/DF yogurt.	Buttered crackers with cheese and cucumber	Fresh fruit with puffs	Rice cakes, cheese slices and carrots	Yogurt with berries

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge with cinnamon	Toast with homemade Chia jam	Cereal with Oat milk/ whole milk	Bagels with cream cheese	Weetabix
Snack AM	Pitta bread, veg sticks and homemade houmous	Fresh Fruit with greek yogurt/DF yogurt.	Buttered crackers with cheese and cucumber	Avocado slices with rice cakes	Sugar free banana loaf with strawberries
Snack PM	Fresh fruit with puffs	Rice cakes, cheese slices and carrots	Fresh fruit with breadsticks	Yogurt with berries	Fruit smoothies with homemade sugar free biscuits

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetabix	Cinnamon porridge with fruit on the side	Bagels with cream cheese	Cereal with Oat milk/ whole milk	Toast with homemade Chia jam
Snack AM	Rice cakes, cheese slices and carrots	Fresh fruit with puffs	Yogurt with banana and cinnamon	Pitta bread, veg sticks and homemade houmous	Fresh fruit with breadsticks
Snack PM	Fruit smoothies with homemade sugar free biscuits	Avocado slices with rice cakes	Buttered crackers with cheese and cucumber	Sugar free banana loaf with strawberries	Fresh Fruit with greek yogurt/DF yogurt

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast with homemade Chia jam	Weetabix	Cereal with Oat milk/ whole milk	Bagels with cream cheese	Cinnamon porridge with fruit on the side
Snack AM	Avocado slices with rice cakes	Yogurt with banana and cinnamon	Rice cakes, cheese slices and carrots	Fresh fruit with puffs	Pitta bread, veg sticks and homemade houmous
Snack PM	Sugar free banana loaf with strawberries	Buttered crackers with cheese and cucumber	Fruit smoothies with homemade sugar free biscuits	Fresh Fruit with greek yogurt/DF yogurt	Fresh fruit with breadsticks