

Histon Early Years Centre Menu

	One	Two	Three	Four	Five
Breakfast Served between 8-8.30am	A selection of cereal Served with banana	A selection of cereal Served with banana	A selection of cereal Served with banana	A selection of cereal Served with banana and	A selection of cereal Served with banana
AM Snack Served with milk and water	Apple and oranges with rice cakes	Bananas and plum with breadsticks	Pepper and cucumber with rice cakes	Apple and pear with breadsticks	Carrot and orange with rice cakes
Lunch 1 year olds – served at 11.30am 2-4 year olds – served at 12pm	Macaroni cheese served with carrots and peas. Stewed pear with natural yoghurt	Salmon en crouete, served with mashed potato, broccoli and baby corn. Courgette & Chocolate cake with custard	Beef cottage pie – (Minced beef, potato, dairy free spread, onion and carrot) served with white cabbage Berry jelly	Vegetable Rogan Josh – (Sweet potato, peppers, swede, cauliflower, lentils, garlic, tomato, coriander, ginger, cumin, cardamom, cinnamon, nutmeg, turmeric) Served with white rice and naan bread. Smooth apricot with natural yoghurt	Roast chicken, with baby new potatoes, peas and sweetcorn. Served with gravy. Apple crumble with custard
PM snack Served with milk and water	Melon with breadsticks	Carrot and apple with rice cakes	Pineapple and apple with breadsticks	Cucumber and peaches with rice cakes	Banana with rice cakes
Tea Served at 4pm Served with milk and water	Pitta pockets with chicken tikka or beetroot humus, served with vegetable crudités Fruit tarts	Ham and cheese served in freshly baked bread, served with vegetable crudités Flapjack	Margarita pizza served with garlic dip and vegetable crudités Apple and pear slices	Tuna and sweetcorn mayonnaise pasta with vegetable crudités Shortbread biscuits	Cheese scones with egg mayonnaise, and vegetable crudités Melon

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Six	Seven	Eight	Nine	Ten	Eleven
A selection of cereal Served with banana and raisins	A selection of cereal Served with banana and raisins	A selection of cereal Served with banana and raisins	A selection of cereal Served with banana and raisins	A selection of cereal Served with banana and raisins	A selection of cereal Served with banana and raisins
Pear and Bananas with breadstick	Apple and oranges with rice cakes	Bananas and plum with breadsticks	Pepper and cucumber with rice cakes	Bananas and pear with breadsticks	Carrot and orange with rice cakes
Ginger Pork meatballs – (ground pork, minced red onion, garlic, ginger, shredded carrot, mushrooms, shredded red cabbage and peas) Served with noodles.	Vegetable Thai green curry – (baby potatoes, green beans, garlic, sugar snap peas, cherry tomatoes and tofu) Served with jasmine rice.	Vegetarian Bolognese – (Quorn mince with onion, red peppers, tomato, garlic and basil) Served with spaghetti, garlic bread and cheese.	Toad in the hole served with carrot and swede mash, green beans and gravy	White fish with crumble topping served with potato wedges, peas and green beans	Chicken casserole – (diced chicken, onion, garlic, butternut squash, potato, swede, thyme, peas and carrots) Served with dumplings.
Rice pudding with Jam	Apple strudel with natural yoghurt	Bananas and custard	Natural yoghurt with berry fruit puree	Lemon sponge cake served with custard	Semolina with nectarine compote
Pepper and apple with rice cakes	Melon with breadsticks	Carrot and apple with rice cakes	Pineapple and apple with breadsticks	Cucumber and peaches with rice cakes	Apple with rice cakes
Potato wedges with a tzatziki dip and vegetable crudités	Scotch eggs served with vegetable crudités	Cheese, mozzarella and tomato plait with vegetable crudités	Tomato and lentil Pasta with vegetable crudités	Bagels with cream cheese and ham, served with vegetable crudités	Handmade sausage plait served with a tomato dip and potato salad
Blueberry sponge cake	Fruit tarts	Watermelon slices	Ginger biscuits	Yoghurt with berry compote	Melon slices