



# The Little Tug Boat Day Nursery | February 2016

We have chosen shade of RED as the colour of the month for February. We're celebrating Valentine's Day all month long! We will be exploring how red tastes and smells, and trying lots of red vegetables and fruits in interesting ways.



	<b>Breakfast</b> 08:00-08:30	<b>Snack</b> 10:00	<b>Lunch</b> 11:45	<b>Milk</b> 14:00	<b>Tea</b> 16:15
<b>Monday</b> 1 <sup>st</sup>	Homemade Granola with Coconut  Organic Yoghurt and Fresh Fruit  (2)(7)	Fruit and Veg Sticks  Homemade Aubergine + Coriander Dip	Paprika Chicken with Quinoa Tabbouleh Chickpea Quinoa Tabbouleh (v)  Carrots and Peas  Fresh Fruit (7)	Organic Milk (7)	Scrambled Eggs  Oatcakes  Veg Sticks  (2)(5)
<b>Tuesday</b> 2 <sup>nd</sup>	Porridge Drizzled with Honey  Organic Yoghurt and Fresh Fruit  (2)(7)	Fruit and Veg Sticks  Homemade Cheese + Herb Dip (7)	Red Pesto Cod Loin ❤️  Mashed Potato and Green Beans  Fresh Fruit (5)(7)		Roasted Pink Beetroot and Butterbean Soup (v) ❤️  Ricecakes  (2)
<b>Wednesday</b> 3 <sup>rd</sup>	Scrambled eggs with cherry tomatoes ❤️  Organic Yoghurt and Fresh Fruit  (2)(4)(7)	Fruit and Veg Sticks  Homemade Hummus Dip	Lamb and Bulgur Wheat Stew Veggie Bulgur Wheat Stew (v)  Spinach  Fresh Fruit (2)		Spicy Root and Lentil Casserole (v)  Organic Yoghurt  (7)
<b>Thursday</b> 4 <sup>th</sup>	Variety of Cereal  Organic Yoghurt and Fresh Fruit  (2)(7)	Fruit and Veg Sticks  Homemade Butterbean + Avocado Dip	Vegetarian Chilli Con Carne(v)  Wholegrain Rice  Fresh Fruit (1)		Creamy Tomato Soup (v) ❤️  Oatcakes  (1)(2)(7)
<b>Friday</b> 5 <sup>th</sup>	Homemade Muesli  Organic Yoghurt and Fresh Fruit  (2)(7)	Fruit and Veg Sticks  Homemade Tzatziki Dip	Wholewheat Macaroni and Cheesy Chicken Casserole (GF) Wholegrain Macaroni and Cheesy Spinach Bake (v)  Broccoli  Fresh Fruit (7)		Poached Eggs  Cauliflower Hash (v)  (4)

We operate a nut free nursery. Other Allergen information:

Celery (1)    Gluten (2)    Crustaceans (3)    Eggs (4)    Fish (5)    Lupin (6)    Milk (7)  
Molluscs (8)    Mustard (9)    Nuts (incl. Peanuts) (10)    Sesame Seeds (11)    Soya (12)    Sulphur Dioxide/ Sulphites (12)

(v) Vegetarian

### Our Promise

- ✓ Balanced menu full of wholegrains, high quality proteins, healthy fats & lots of fruits and veggies
- ✓ Made from scratch everyday by our wonderful chef
- ✓ High quality ingredients; the milkman delivers organic milk and our meat is from free-range butcher, HG Walter
- ✓ Active reduction of products and ingredients containing anything artificial, and no excess sugar or salt
- ✓ Meals developed to engage the children through fun and creativity

