

	Breakfast	Lunch	Snack	Tea
Monday	Warming Winter Porridge	Vegetable Balti with Basmati Rice	Fresh Fruit Selection	Beans on Toast
Tuesday	Weetabix (with Warm or cold milk)	Spaghetti Bolognaise	Fresh Fruit Selection	Barmcake platter Selection
Wednesday	Warm Brioche	Fantastic Fish Pie	Fresh Fruit Selection	Chicken Salad Wraps
Thursday	Wholegrain Cereal selection	Yummy Jacket Spuds with a Choice of fillings	Fresh Fruit Selection	Warm pitta fingers and Fresh Houmous
Friday	Crumpets with butter & Jam	Scrummy Scouse	Fresh Fruit Selection	Chinese Chicken & Sweetcorn Soup
MILK & WATER AVAILABLE THROUGHOUT THE DAY				

Kids in Bloom Winter Menu - Week 1

'A place for children to learn and grow'

KIB

	Breakfast	Lunch	Snack	Tea
Monday	Warming Winter Porridge	Vegetable Balti with Basmati Rice	Fresh Fruit Selection	Beans on Toast
Tuesday	Weetabix (with Warm or cold milk)	Spaghetti Bolognaise	Fresh Fruit Selection	Barmcake platter Selection
Wednesday	Warm Brioche	Fantastic Fish Pie	Fresh Fruit Selection	Chicken Salad Wraps
Thursday	Wholegrain Cereal selection	Yummy Jacket Spuds with a Choice of fillings	Fresh Fruit Selection	Warm pitta fingers and Fresh Houmous
Friday	Crumpets with butter & Jam	Scrummy Scouse	Fresh Fruit Selection	Chinese Chicken & Sweetcorn Soup
MILK & WATER AVAILABLE THROUGHOUT THE DAY				

Kids in Bloom Winter Menu - Week 2

'A place for children to learn and grow'

KIB

	Breakfast	Lunch	Snack	Tea
Monday	Greek Yoghurt & Honey	Special fried rice With a side of Chinese Curry	Fresh Fruit Selection	Carrot & Corriander Soup
Tuesday	Warm winter porridge	Veggie Finger with Fluffy mash & Beans	Fresh Fruit Selection	Cheese & Chives on Toast
Wednesday	Warm Brioche	Mexican Chicken Fajitas With soured cream & Cheese	Fresh Fruit Selection	Ham Sandwiches
Thursday	Wholegrain cereal Selection	Mince, Mash, Peas and gravy	Fresh Fruit Selection	Chinese Chicken & Sweetcorn Soup
Friday	Warm Pancakes	Vegetarian Greek Stifado with fluffy rice.	Fresh Fruit Selection	Bagels with Cream Cheese & Ham
MILK & WATER AVAILABLE THROUGHOUT THE DAY				

Kids in Bloom Winter Menu - Week 3

'A place for children to learn and grow'

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	Breakfast	Lunch	Snack	Tea
Monday	Warm Croissants	Fish fingers with Mash & Beans	Fresh Fruit Selection	Crackers & cheese with relish selection
Tuesday	Wholegrain Cereal Selection	Meatballs Marinara with pasta twirls	Fresh Fruit Selection	Herby Vegetable Soup
Wednesday	Warm Scotch Pancakes	Chicken Tikka Masala with long grain rice	Fresh Fruit Selection	Beans on Toast
Thursday	Weetabix With warm / cold milk	Hearty Chicken & Dumpling Casserole	Fresh Fruit Selection	Tomato & Basil Soup
Friday	Warming Winter Porridge	Saffron Pasta Mince & Peas.	Fresh Fruit Selection	Children Make their own Sandwiches.
MILK & WATER AVAILABLE THROUGHOUT THE DAY				

Kids in Bloom Winter Menu - Week 4

'A place for children to learn and grow'

KIB

- Kids in Bloom Nurseries are proud to offer an exciting variety of meals and snacks all prepared daily by our experienced chef.
- Our healthy balanced meals reflect the cultures of the children at our settings and include recipes from all over the world.
- We work very hard with our chef to ensure all children with dietary requirements feel fully included during our happy meal times.
- When possible we provide individual portions made with alternative ingredients whilst maintaining the appearance and taste of the set meal. When this is not possible, a delicious healthy balanced alternative will be created.
- All allergens and dietary requirements are strictly monitored and regularly reviewed by our chef and staff members.
- We ask that all parents keep us fully up to date with any existing and/or new allergies or dietary requirements.

Kids in Bloom Nutrition & Dietary Requirements

'A place for children to learn and grow'

The logo for Kids in Bloom (KIB) is displayed in a white square. It consists of the letters 'KIB' in a bold, dark blue, sans-serif font.