

Wildwood Childcare Weekly Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals with milk/oat milk	Selection of cereals with milk/oat milk	Selection of cereals with milk/oat milk	Selection of cereals with milk/oat milk	Selection of cereals with milk/oat milk
Snack	Pears and English Muffin Milk /Oat Milk	Veg Crudités, Breadsticks and Hummus Dip Milk/Oat Milk	Watermelon and Rice Cakes Milk/Oat Milk	Banana Pancakes Milk/Oat Milk	Canary melon with Pitta Milk/Oat Milk
Lunch	Jacket Potatoes with Tuna, Cheese, and Beans (Vegetarian/Vegan option available) Water	Scrambled Eggs on Sourdough Toast with Tomatoes (Vegan option available) Water	Tomato Pasta with Mixed Vegetables and Garlic Bread Water	Hummus, Cheese and Chicken Wraps with Pepper and Cucumber (Vegetarian/Vegan option available) Water	Spaghetti Bolognese and Garlic Bread (Vegetarian/Vegan option available) Water
Snack	Apples and Crackers Milk/Oat Milk	Watermelon and Pitta Milk/Oat Milk	Oranges and Crackers Milk/Oat Milk	Canary Melon and Breadsticks Milk/Oat Milk	Bananas and Rice Cakes Milk/Oat Milk
Tea	Homemade Tomato Soup with crusty bread Water	Cauliflower and sweet potato curry with cous cous Water	Sausage and bean casserole with Pitta bread (Vegetarian/Vegan option available) Water	Cauliflower soup with crusty bread Water	Chicken stew with root vegetables and cous cous (Vegetarian/Vegan option available) Water

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals with milk/oat milk	Selection of cereals with milk/oat milk	Selection of cereals with milk/oat milk	Selection of cereals with milk/oat milk	Selection of cereals with milk/oat milk
Snack	Veg Crudités, Breadsticks and Hummus Dip Milk/Oat Milk	Watermelon and Rice Cakes Milk/Oat Milk	Banana Pancakes Milk/Oat Milk	Canary melon with Pitta Milk/Oat Milk	Pears and English Muffin Milk /Oat Milk
Lunch	Scrambled Eggs on Sourdough Toast with Tomatoes (Vegan option available) Water Water	Tomato Pasta with Mixed Vegetables and Garlic Bread Water	Hummus, Cheese and Chicken Wraps with Pepper and Cucumber (Vegetarian/Vegan option available) Water	Spaghetti Bolognese and Garlic Bread (Vegetarian/Vegan option available) Water	Jacket Potatoes with Tuna, Cheese, and Beans (Vegetarian/Vegan option available) Water
Snack	Watermelon and Pitta Milk/Oat Milk	Oranges and Crackers Milk/Oat Milk	Canary Melon and Breadsticks Milk/Oat Milk	Bananas and Rice Cakes Milk/Oat Milk	Apples and Crackers Milk/Oat Milk
Tea	Cauliflower and sweet potato curry with cous cous Water	Sausage and bean casserole with Pitta bread (Vegetarian/Vegan option available) Water	Cauliflower soup with crusty bread Water	Chicken stew with root vegetables and cous cous (Vegetarian/Vegan option available) Water	Homemade Tomato Soup with crusty bread Water

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals with milk/oat milk	Selection of cereals with milk/oat milk	Selection of cereals with milk/oat milk	Selection of cereals with milk/oat milk	Selection of cereals with milk/oat milk
Snack	Watermelon and Rice Cakes Milk/Oat Milk	Banana Pancakes Milk/Oat Milk	Canary melon with Pitta Milk/Oat Milk	Pears and English Muffin Milk /Oat Milk	Veg Crudités, Breadsticks and Hummus Dip Milk/Oat Milk
Lunch	Tomato Pasta with Mixed Vegetables and Garlic Bread Water	Hummus, Cheese and Chicken Wraps with Pepper and Cucumber (Vegetarian/Vegan option available) Water	Spaghetti Bolognese and Garlic Bread (Vegetarian/Vegan option available) Water	Jacket Potatoes with Tuna, Cheese, and Beans (Vegetarian/Vegan option available) Water	Scrambled Eggs on Sourdough Toast with Tomatoes (Vegan option available) Water Water
Snack	Oranges and Crackers Milk/Oat Milk	Canary Melon and Breadsticks Milk/Oat Milk	Bananas and Rice Cakes Milk/Oat Milk	Apples and Crackers Milk/Oat Milk	Watermelon and Pitta Milk/Oat Milk
Tea	Sausage and bean casserole with Pitta bread (Vegetarian/Vegan option available) Water	Cauliflower soup with crusty bread Water	Chicken stew with root vegetables and cous cous (Vegetarian/Vegan option available) Water	Homemade Tomato Soup with crusty bread Water	Cauliflower and sweet potato curry with cous cous Water

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals with milk/oat milk	Selection of cereals with milk/oat milk	Selection of cereals with milk/oat milk	Selection of cereals with milk/oat milk	Selection of cereals with milk/oat milk
Snack	Banana Pancakes Milk/Oat Milk	Canary melon with Pitta Milk/Oat Milk	Pears and English Muffin Milk /Oat Milk	Veg Crudités, Breadsticks and Hummus Dip Milk/Oat Milk	Watermelon and Rice Cakes Milk/Oat Milk
Lunch	Hummus, Cheese and Chicken Wraps with Pepper and Cucumber (Vegetarian/Vegan option available) Water	Spaghetti Bolognese and Garlic Bread (Vegetarian/Vegan option available) Water	Jacket Potatoes with Tuna, Cheese, and Beans (Vegetarian/Vegan option available) Water	Scrambled Eggs on Sourdough Toast with Tomatoes (Vegan option available) Water	Tomato Pasta with Mixed Vegetables and Garlic Bread Water
Snack	Canary Melon and Breadsticks Milk/Oat Milk	Bananas and Rice Cakes Milk/Oat Milk	Apples and Crackers Milk/Oat Milk	Watermelon and Pitta Milk/Oat Milk	Oranges and Crackers Milk/Oat Milk
Tea	Cauliflower soup with crusty bread Water	Chicken stew with root vegetables and cous cous (Vegetarian/Vegan option available) Water	Homemade Tomato Soup with crusty bread Water	Cauliflower and sweet potato curry with cous cous Water	Sausage and bean casserole with Pitta bread (Vegetarian/Vegan option available) Water

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals with milk/oat milk	Selection of cereals with milk/oat milk	Selection of cereals with milk/oat milk	Selection of cereals with milk/oat milk	Selection of cereals with milk/oat milk
Snack	Banana Pancakes Milk/Oat Milk	Canary melon with Pitta Milk/Oat Milk	Pears and English Muffin Milk /Oat Milk	Veg Crudités, Breadsticks and Hummus Dip Milk/Oat Milk	Watermelon and Rice Cakes Milk/Oat Milk
Lunch	Hummus, Cheese and Chicken Wraps with Pepper and Cucumber (Vegetarian/Vegan option available) Water	Spaghetti Bolognese and Garlic Bread (Vegetarian/Vegan option available) Water	Jacket Potatoes with Tuna, Cheese, and Beans (Vegetarian/Vegan option available) Water	Scrambled Eggs on Sourdough Toast with Tomatoes (Vegan option available) Water Water	Tomato Pasta with Mixed Vegetables and Garlic Bread Water
Snack	Canary Melon and Breadsticks Milk/Oat Milk	Bananas and Rice Cakes Milk/Oat Milk	Apples and Crackers Milk/Oat Milk	Watermelon and Pitta Milk/Oat Milk	Oranges and Crackers Milk/Oat Milk
Tea	Cauliflower soup with crusty bread Water	Chicken stew with root vegetables and cous cous (Vegetarian/Vegan option available) Water	Homemade Tomato Soup with crusty bread Water	Cauliflower and sweet potato curry with cous cous Water	Sausage and bean casserole with Pitta bread (Vegetarian/Vegan option available) Water

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If your child has a food allergy, intolerance or dietary requirement please speak with a member of our team.

We want to work closely with you to ensure every meal is safe and tailored to your child's specific requirements.

We are always happy to discuss our ingredients, explain our preparation processes, and arrange suitable alternatives to keep your little one happy and healthy.