

Sample menu week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
breakfast	nude health cereal & fresh fruit selection	nude health cereal & fresh fruit selection	weetabix & poached peaches	nude health cereal & fresh fruit selection	weetabix & banana
am snack	rice cakes & tzatziki dip	mini wraps & cheese wedges	chickpea and lentil crackers & beetroot humous	corn cakes & cream cheese spread	rice cakes & classic humous
lunch	lamb mousaka	italian beef pasta	creamy chicken and roasted roots	salmon and pineapple thai curry	squash and sage barley risotto
side dishes	1x slice wholemeal bread	sweetcorn	roast potatoes	noodles	peas
second course	cheese wedges & apple slices	baked coconut and apricot rice pudding	apple crumble & yoghurt	watermelon	apple slices & yoghurt
pm snack	bananas	pears	cucumber sticks	carrot sticks	pineapple
tea	butternut & apricot couscous	squash and seed roast with caramelised onion gravy	cheesy leek pasta	sweet potato shepherdless pie	homemade baked beans with jacket potato
side dishes	N/A	carrots	peas	N/A	grated cheese
second course	pears	braised apples	mini wraps & tzatziki dip	apple slices	poached peaches

Nursery Food

Joacim Rocklöv



Nursery Food:

The Top Books of the Year Nursery Food The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have enthralled audiences this year. Nursery Food : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papan, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and thrilling novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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