

## Menu – Week 1

Day	Breakfast 8am-8.45am	Lunch 11.30am	Allergy Advice	Tea 3.15pm	Allergy Advice	Evening snack 5pm
<b>Monday</b>	Breakfast Bar See below for details <b>Cereals containing gluten Milk</b>	Tricolore fusilli Pasta bake with Tuna ————— Natural yoghurt or fromage frais	<b>Milk Fish Gluten</b>	Savoury whole grain rice with an array of colourful vegetable and pulses ————— Fruit salad	<b>Celery Soya Gluten</b>	Fresh Fruit or Veg, with cracker or Biscuits and a cup of Milk <b>Cereals containing gluten milk</b>
<b>Tuesday</b>	Breakfast Bar See below for details <b>Cereals containing gluten Milk</b>	Chicken curry and whole grain rice ————— Mixed Fruit cake with wholemeal flour	<b>Celery Cereals containing gluten Mustard Milk</b>	Swede carrot and potato soup With homemade Croutons ————— Mixed berries	<b>Cereals containing gluten</b>	Fresh Fruit or Veg, with cracker or Biscuits and a cup of Milk <b>Cereals containing gluten milk</b>
<b>Wednesday</b>	Breakfast Bar See below for details <b>Cereals containing gluten Milk</b>	Soya and low fat beef Chilli con carni with Jackets potatoes ————— Natural yoghurt or fromage frais	<b>Milk Egg Cereals containing gluten Soya</b>	Wholemeal pizza muffins ————— Melon and bananas	<b>Cereals containing gluten Milk</b>	Fresh Fruit or Veg, with cracker or Biscuits and a cup of Milk <b>Cereals containing gluten milk</b>
<b>Thursday</b>	Breakfast Bar See below for details <b>Cereals containing gluten Milk</b>	Lean Beef stew with whole grain rice ————— Melon and pineapple	<b>Soya Gluten</b>	Savoury cous cous with vegetable and pulses ————— Fruit salad	<b>Cereals containing gluten Milk Soya</b>	Fresh Fruit or Veg, with cracker or Biscuits and a cup of Milk <b>Cereals containing gluten milk</b>
<b>Friday</b>	Breakfast Bar See below for details <b>Cereals containing gluten Milk</b>	Sausage whole wheat tomato pasta ————— Fruit crumble	<b>Cereals containing gluten</b>	Children's choice wholemeal sandwiches ————— Natural yoghurt or fromage frais	<b>Cereals containing gluten Milk</b>	Fresh Fruit or Veg, with cracker or Biscuits and a cup of Milk <b>Cereals containing gluten milk</b>

Fresh fruit and yoghurt are always available as an alternative pudding / dessert.

Drinks are available throughout the day and include milk or water.

If you have any specific requirements or special dietary requirements, please inform the Nursery Manager and we will cater for your child on an individual basis.

We encourage all Toddler and Preschool children to feed themselves.

Breakfast Bar – this will be a selection of cereal or toast, which will vary day to day. Milk is also available

## Menu – Week 2

Day	Breakfast 8am-8.45am	Lunch 11.30am	Allergy Advice	Tea 3.15pm	Allergy Advice	Evening snack 5pm
<b>Monday</b>	Breakfast Bar See below for details <b>Cereals containing gluten Milk</b>	Lamb curry and whole grain rice ————— Natural yoghurt or fromage frais	<b>Mustard Milk</b>	Leek and mushroom soup with bread sticks ————— Fresh Fruit salad	<b>Milk Gluten</b>	Fresh Fruit or Veg, with cracker or Biscuits and a cup of Milk <b>Cereals containing gluten milk</b>
<b>Tuesday</b>	Breakfast Bar See below for details <b>Cereals containing gluten Milk</b>	Chicken hot pot with Vegetables and pulses ————— Mixed berries	<b>Soya</b>	Vegetable risotto ————— Low sugar Shortbread	<b>Celery Milk Egg Gluten</b>	Fresh Fruit or Veg, with cracker or Biscuits and a cup of Milk <b>Cereals containing gluten milk</b>
<b>Wednesday</b>	Breakfast Bar See below for details <b>Cereals containing gluten Milk</b>	Sausage casserole and celeriac mash ————— Natural yoghurt or fromage frais	<b>Milk</b>	Whole grain Beef Biryani with vegetables ————— Seasonal berries	<b>Soya</b>	Fresh Fruit or Veg, with cracker or Biscuits and a cup of Milk <b>Cereals containing gluten milk</b>
<b>Thursday</b>	Breakfast Bar See below for details <b>Cereals containing gluten Milk</b>	Whole wheat Spaghetti bolognaise With mix vegetable ————— Fruit shapes	<b>Soya Gluten</b>	Homemade tomato and Bean sauce on toast ————— Low sugar Flap jacks with raisins and peaches	<b>Cereals containing gluten Milk Soya</b>	Fresh Fruit or Veg, with cracker or Biscuits and a cup of Milk <b>Cereals containing gluten milk</b>
<b>Friday</b>	Breakfast Bar See below for details <b>Cereals containing gluten Milk</b>	Fresh herb fish pie ————— Banana and soya custard	<b>Milk Soya</b>	Whole wheat Italian pasta with mixed <u>herbs</u> Fresh fruit salad	<b>Cereals containing gluten</b>	Fresh Fruit or Veg, with cracker or Biscuits and a cup of Milk <b>Cereals containing gluten milk</b>

Fresh fruit and yoghurt are always available as an alternative pudding / dessert.

Drinks are available throughout the day and include milk or water.

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Breakfast Bar – this will be a selection of cereal or toast, which will vary day to day. Milk is also available

## Menu – Week 3

Day	Breakfast 8am-8.45am	Lunch 11.30am	Allergy Advice	Tea 3.15pm	Allergy Advice	Evening snack 5pm
<b>Monday</b>	Breakfast Bar See below for details <b>Cereals containing gluten Milk</b>	Chicken stew on bed of whole grain rice <hr/> Natural yoghurt or fromage frais	<b>Milk</b>	Homemade avocado and basil with Tricolore Fusilli Pasta Twists <hr/> Lemon sponge cake	<b>Cereals containing gluten Egg</b>	Fresh Fruit or Veg, with cracker or Biscuits and a cup of Milk <b>Cereals containing gluten milk</b>
<b>Tuesday</b>	Breakfast Bar See below for details <b>Cereals containing gluten Milk</b>	Macaroni with ham, cheese and mixed vegetables <hr/> Fresh fruit	<b>Cereals containing gluten milk Egg</b>	Whole grain Vegetable biriyani <hr/> Seasonal Fruit crumble	<b>Cereals containing gluten</b>	Fresh Fruit or Veg, with cracker or Biscuits and a cup of Milk <b>Cereals containing gluten milk</b>
<b>Wednesday</b>	Breakfast Bar See below for details <b>Cereals containing gluten Milk</b>	Shepherd's pie <hr/> Fresh fruit smoothie	<b>Soya</b>	Vegetable soup with homemade wholemeal croutons <hr/> Mixed berries	<b>Milk Cereals containing gluten</b>	Fresh Fruit or Veg, with cracker or Biscuits and a cup of Milk <b>Cereals containing gluten milk</b>
<b>Thursday</b>	Breakfast Bar See below for details <b>Cereals containing gluten Milk</b>	Sausages and vegetable mash <hr/> Chef choice low calorie cookies	<b>Celery Soya</b>	Fish pie with short crust pastry <hr/> Natural yoghurt or fromage frais	<b>Celery Cereals containing gluten Mustard</b>	Fresh Fruit or Veg, with cracker or Biscuits and a cup of Milk <b>Cereals containing gluten milk</b>
<b>Friday</b>	Breakfast Bar See below for details <b>Cereals containing gluten Milk</b>	Roasted chicken with mixed roast vegetables <hr/> Natural yoghurt or fromage frais with fresh fruit	<b>Celery Milk Ssoya</b>	Crispy bacon beetroot tagliatelle pasta <hr/> Bread and butter pudding	<b>Cereals containing gluten Milk Soya Egg</b>	Fresh Fruit or Veg, with cracker or Biscuits and a cup of Milk <b>Cereals containing gluten milk</b>

Fresh fruit and yoghurt are always available as an alternative pudding / dessert.

Drinks are available throughout the day and include milk or water.

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Breakfast Bar – this will be a selection of cereal or toast, which will vary day to day. Milk is also available