

Menu - Week 1

	Snack	Lunch	Tea
Mon	Breadsticks & Cucumber sticks	Salmon fish cakes Vegetable & chickpea risotto Sweet potato wedges Green beans & carrots Parsley side sauce Plain sponge with raspberry coulis / Fresh fruit	Beans on toast with margarine & grated cheese on side Sliced pineapple & grapes Water/ Milk
Tues	Plain popcorn & Apple slices	Chicken & vegetable pasta Tofu & vegetable pasta Peas & Sweetcorn Greek yogurt with strawberry purée/ Fresh fruit	Crumpets with margarine & jam Sliced pear & mango Water/ Milk
Wed	Raisins & plum slices	Cheese & onion quiche New potatoes in oil herb dressing Corn on the cob & broccoli Bananas & custard / Fresh fruit	Carrot & coriander soup with brown baguettes & margarine Apple slices and water melon Water/ Milk
Thurs	Rice cakes & sliced pear	Shepherd's pie Quorn pie Mixed vegetables (peas, carrot, cut beans, sweetcorn, broad beans) & parsnips Vegetarian gravy Fruit salad in natural juice	Cheese puffs Cucumber sticks & Cherry tomatoes Strawberries & mandarin segments Water/ Milk
Fri	Cheese cubes, pineapple cubes	Turkey curry Vegetable curry Wholemeal rice Peas and cabbage Plain naan bread Apple & blackberry pie with custard / Fresh fruit	Mixed finger rolls (Tuna, chicken & cheese) with margarine Raspberries & Kiwi Water/ Milk

****NOTES****

Any dietary needs or requirements will be ordered for on our weekly requirements list to our chef. We offer low salt and sugar diet and carter for Halal, non Halal and vegetarian dietary needs where possible.

Under ones will not be offered egg, strawberries, tomatoes, citrus fruits or honey, unless parental consent is given.

All new foods need to be tried at home before we will offer them to your child at nursery. Nutritional alternatives will be offered.

Water will be offered to the children throughout the day (as a nursery we should be offering a minimum of 200ml of milk a day in food and drink form) if you have a preference for your child please let their room know. All fruit will be cut to safe appropriate sizes.

We are a Nut Free premises

Menu - Week 2

	Snack	Lunch	Tea
Mon	Guacamole & Pitta slices and orange peppers	Lamb spaghetti Bolognese Quorn Bolognese Mixed vegetables (peas, carrot, cut beans, sweetcorn, broad beans) & cauliflower Garlic bread Greek yogurt with raisins / Fresh fruit	Toasted bagels with margarine, cream cheese Bananas & raspberries Water/ Milk
Tues	Rice cakes & sliced Honey dew Melon	Cheese & onion potato pie (puff pastry topping) Lentil, onion potato pie (puff pastry topping) Cabbage & sweetcorn Vegetarian Gravy Peach crumble with cream / Fresh fruit	Cheese & diced mixed peppers pizza Carrot & cucumber sticks Blueberries & apple slices Water/ Milk
Weds	Breadsticks & celery sticks	Roast Turkey Lentil roast Roast potatoes Cauliflower cheese & Swede Vegetarian gravy Low sugar jelly / Fresh fruit	Sandwiches with margarine, boiled egg slices, cheese Sliced grapes and mandarin segments Water/ Milk
Thurs	Plain popcorn & Watermelon cubes	Fish pie (Haddock & salmon) Gnocchi & tomato bake Carrots & broccoli Parsley side sauce Rice pudding / Fresh fruit	Sweet potato & lentil soup with wholemeal petit pain & margarine Blackberries & Kiwi Water / Milk
Fri	Raisins with sliced pear	Chicken & mushroom lasagne Vegetable lasagne Green beans & swede Fruit salad in natural juice	Toasted teacakes with margarine & jam Strawberries & plum slices Water / milk

NOTES*

Any dietary needs or requirements will be ordered for on our weekly requirements list to our chef. We offer low salt and sugar diet and carter for Halal, non Halal and vegetarian dietary needs where possible.

Under ones will not be offered egg, strawberries, tomatoes, citrus fruits or honey, unless parental consent is given.

All new foods need to be tried at home before we will offer them to your child at nursery. Nutritional alternatives will be offered.

Water will be offered to the children throughout the day (as a nursery we should be offering a minimum of 200ml of milk a day in food and drink form) if you have a preference for your child please let their room know. All fruit will be cut to safe appropriate sizes.

We are a Nut Free premises