



### **-A Note about our Menus-**

All meals and desserts are freshly prepared each day on site by our in-house cooks. The menus are changed according to the seasons. Unless otherwise specified, all meals are served with a selection of vegetables.

Water stations are available to the children at all times.

We provide a balance of hot and cold teas throughout the week and this is designed with the seasons in mind. It is advised that children should eat a small snack with parents after leaving nursery at 6pm to keep blood sugar levels regulated during the night.

All meals shown are our standard menu. We also cook vegetarian, gluten free, dairy free and soya free alternatives according to the medically certified allergies, intolerances and cultural guidelines of our children. If your child has any medically supported dietary requirements, please alert us to them during your settling in sessions.

We have a strict **No Nut Policy** within the setting and also refrain from using celery, crustaceans, mustard or molluscs as these are recognised as allergens.

We have coded our menu so that parents can quickly see any meals that contain potential allergens for your child.

**(W/G)- Wheat and Gluten (D)- Dairy (E)- Eggs (F)- Fish (Gel)- Gelatine (S)- Sesame**



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	A selection of cereals with milk or water to drink				
<b>Snack Times AM &amp; PM</b>	Breadsticks with houmous, Rice Cakes with fresh fruit pieces, Homemade Oaty biscuits, Selection of fruit Veg sticks with sour cream and chive dip, Pineapple and cheese chunks, raisins, sandwiches, tortilla chips and dip.				
<b>Starter</b>	Garlic Bread W/G. D.		Mackerel Pate with Oatcakes F. D. W/G.		Cucumber and pepper sticks with Homemade (sesame free) Houmous
<b>Lunch</b>	Chicken and Spinach/Mushroom pasta in Tarragon Sauce with Peas W/G. D.	Butter bean Casserole with Cous Cous W/G.	Roast Pork with stuffing, Roast Potatoes, Vegetables, and gravy W/G	Chilli Con Carne with mixed vegetable Rice.	Fish Pie F. D.
<b>Pudding</b>		Natural Yoghurt & Fruit D.		Home-made Banana Loaf D. E. W/G	
<b>Tea</b>	Butternut Squash and Sweet Potato Soup with Crusty Rolls W/G.	Roasted Vegetable Tart with Warm Potato Salad W/G	Warm Pitta Pockets with a selection of fillings W/G. D. F. E.	Leek and Potato Soup with a Homemade Cheese Scone D. W/G.	Homemade Pizzas. W/G. D.



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	A selection of cereals with milk or water to drink				
<b>Snack Times AM &amp; PM</b>	Breadsticks with houmous, Rice Cakes with fresh fruit pieces, Homemade Oaty biscuits, Selection of fruit Veg sticks with sour cream and chive dip, Pineapple and cheese chunks, raisins, sandwiches, tortilla chips and dip.				
<b>Starter</b>		Naan Bread and Yoghurt Dip W/G. D.		Cucumber, Pepper sticks with Tzatziki D.	
<b>Lunch</b>	Tuna Pasta Bake with mixed Vegetables W/G. F. D.	Mexican Bean Chilli with Rice	Cottage Pie with selection of Vegetables D.	Roast Gammon with all the Trimmings W/G. D. E.	Chinese Chicken Noodles and Broccoli W/G. E.
<b>Pudding</b>	Fruit Cocktail and Natural Yoghurt D.		Oat and Carrot Biscuits D.		Sticky Toffee Pudding D. W/G. E.
<b>Tea</b>	Jacket Potatoes with a selection of toppings F. D.	Leek, Pea & Pearl Barley Soup W/G.	Spaghetti on Toast W/G.	Tuna and Cheese pastry Puffs with baked beans. F. D. W/G.	Warm Vegetable Fajita or Jerk Wraps W/G.



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	A selection of cereals with milk or water to drink				
<b>Snack Time AM &amp; PM</b>	Breadsticks with Houmous, Rice Cakes with fresh fruit pieces, Homemade Oaty biscuits, Selection of fruit Veg sticks with sour cream and chive dip, pineapple and cheese chunks, raisins, sandwiches, tortilla chips and dip.				
<b>Starter</b>	Naan Bread and Mango Chutney D. W/G.		Oat Cakes and Cream Cheese W/G. D.		Breadstick and Dips W/G. D. E.
<b>Lunch</b>	Chicken Curry with Rice	Beef and Lentil Spaghetti Bolognese with Peas W/G.	Cheese and Potato Pie with Mixed Vegetables D.	Cod and Broccoli Pasta in a Parsley Sauce F. W/G. D.	Pork and Apple Casserole with Mash
<b>Pudding</b>		Apple and Cinnamon Crumble with Cream W/G. D.		Sliced Banana and Custard D.	
<b>Tea</b>	Mexican 5 Bean and Cheese Quesadillas W/G. D.	Baked Beans with Herb and Black Pepper Twists/Palmiers W/G. D.	Soup with Savoury Scones W/G. D.	Potato Wedges with a Warm Bean Dip	Ratatouille With a Homemade Herby Triangles D. W/G.



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	A selection of cereals with milk or water to drink				
<b>Snack Times AM &amp; PM</b>	Breadsticks with Houmous, Rice Cakes with fresh fruit pieces, Homemade Oaty biscuits, Selection of fruit Veg sticks with sour cream and chive dip, pineapple and cheese chunks, raisins, sandwiches, tortilla chips and dip.				
<b>Starter</b>		Garlic Bread W/G. D.		Vegetable Sticks with Guacamole	
<b>Lunch</b>	Vegetable Pasta Bake W/G. D.	Sweet and Sour Chicken with Vegetable Rice	Pork, Beef and Stuffing Plait with Vegetables W/G.	Mediterranean Vegetable Lasagne W/G. D.	Roast Chicken with stuffing, Roast Potato, Vegetables, and gravy W/G.
<b>Pudding</b>	Fruit salad		Homemade 5 spices Carrot Cake D. E. W/G.		Lemon Curd Tarts and Greek Yoghurt W/G. D.
<b>Tea</b>	Tuna Mayonnaise Jacket Potatoes F. E.	Macaroni Cheese with Peas D. W/G.	Fish Fingers and Spaghetti Hoops F. W/G.	Beans on Wholemeal Toast W/G.	Winter Vegetable Soup with a Crusty Roll W/G.