



Menu Autumn/Winter 2022-23

Menu Week 3

	Monday (v)	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:30am - 8:30am Fresh fruit with a selection of cereal or porridge					
Morning Snack 10am - 10:30am Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water					
Lunch 12pm - 1pm served with a cup of water					
Starter			Garlic Bread G, SE		Pitta Bread with yoghurt and mint dip G, E, DA
Main	Sausage Pasta Bake G, E, DA	Taco Tuesday Beef Taco Lasagne G, DA	Creamy Chicken G, DA	The Children's Choice Roast Dinner Gammon OR Chicken	Chicken & Butternut Squash Tagine
Veg Option	Roasted Vegetable Pasta Bake G, DA	Quorn Taco Lasagne G, E, DA	Creamy Quorn Pieces G, E, DA	Chef's alternative Roast Dinner	Sweet Potato & Butternut Squash Tagine
Served with	Cheesy Garlic Bread G, DA		Baby Corn, Green Beans & Rice	Diced roast potatoes, cauliflower cheese, carrots & peas DA	Couscous G
Dessert	Berry Buttermilk Pancakes G, E, DA	Fruity Drizzle Loaf G, E, DA		Fromage frais DA	
Afternoon Snack 2pm - 2:30pm Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water					
Early Evening Light Tea 4pm - 4:30pm Served with a cup of water					
Main	Children's Choice of Wraps Fill your own wraps G, DA	Beans on Toast G, SY	Rainbow Vegetable Pitta Pizza or Margarita Pitta Pizza G, DA	Cheese & Onion Quiche G, E, DA, MU	Children's choice of Sandwiches Choose your own sandwich G, DA, SY
Served with	Cucumber Sticks, cheesy curls & fromage frais G, DA	Fruit & natural yoghurt DA	Cucumber sticks, fromage frais, sultana's DA	Vegetable sticks & satsuma slices	Cheesy curls & fresh fruit platter G
Where allergens are present, it is displayed next to the appropriate meal Allergen codes: GLUTEN – G, EGG –E, FISH –F, NUTS – N, PEANUTS –PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD – MU, SESAME – SE, SULPHITES – SU, LUPIN – LU, SHELL FISH – SF (Crustaceans and Molluscs), Vegetarian day – (v)					
We will always cater for dietary requirements and needs. The above information is subject to changes of menu ordering and product availability and is just to be used as a guide. Please ensure that you have notified the nursery management of any allergies, so this can be added to your child's care plan, information will then be passed on to the practitioners and the chef.					