



Menu Autumn/Winter 2022-23

Menu Week 2

	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	Tortilla Chips with Mild Tomato and Pineapple Salsa			Pitta Bread with Chickpea & Red Pepper dip G, SU	
Main	Vegetable Chilli G, E, CE	Spaghetti & Meatballs with a Hidden Veg Sauce G, SY	Fish Pie F, DA, CE	Chicken, Sweet Potato & Coconut Curry G, CE, MU	Smoky Sausage & Bean Casserole E, SU
Veg Option	All courses same as main menu	Spaghetti & Meat-Free Balls with a Hidden Veg Sauce G, SY	Vegetable Fingers & Mash Potato G	Lentil, Sweet Potato & Coconut Curry G, CE, MU	Vegetarian Sausage & Bean Casserole G, E, SU
Served with	Corn on the Cob & Rice		Broccoli & carrots	Rice	Mash potato DA
Dessert		Banana custard DA	Orange, oat & sultana cookies G, E, N, DA		The Children's Choice Jelly Strawberry, Orange OR Raspberry
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	Tomato Soup DA	Cheese & Ham Toasted Pitta's G, DA	Children's choice of Sandwiches Choose your own sandwich G, DA, SY	Tomato Pasta G	Cheese & Tomato Pizza Slices G, DA
Served with	Cheese sandwich G, DA	Cucumber slices and watermelon	Pepper sticks, cheesy curls & fromage frais G, DA	Pepper & cucumber sticks	Vegetable sticks, and fresh fruit platter
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 does not include allergen information that 'may contain' and 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.					