



Menu Autumn/Winter 2022-23

Menu Week 1

	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			Vegetable spring rolls G, SY, SE	Cream Cheese Pinwheels G, DA	
Main	Cheesy Pasta Bake G, DA	The Children's Choice Cottage Pie OR Cowboy Pie G, E, DA, CE	Sweet Chicken F, SY, CE	Beef Lasagne G, E, DA	Brunch Sausage, Hash Brown & Tomato E, DA
Veg Option	All courses same as main menu	Quorn & lentil Cottage OR Cowboy Pie G, E, DA, CE	Sweet Roasted Vegetables SY, CE	Vegetable Lasagne G, E, DA	Vegetarian Brunch Sausage, Hash Brown & Tomato G, E, DA
Served with	Vegetable Sticks	Seasonal mixed vegetables	Rice & Prawn Crackers SF		Beans & a Bread Roll G, SE
Dessert	Seasonal Fruit Salad	Banana Bread G, E, DA			Peaches with a mixed berry sauce & Greek yoghurt 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 Sandwiches Choose your own sandwich G, DA, SY	Toasted Bagel topped with cream cheese G, DA	Rainbow Pasta Pasta, peppers, cucumber, tomato, sweetcorn, cheese cubes & ham G, DA	Toasted English Muffin topped with beans & cheese G, SY, DA	Ham & Cheese Pinwheels G, DA
Served with	Tomato wedges, cheesy curls & fromage frais G, DA	Cucumber sticks, satsuma slices, sultana's & fromage frais G, DA	Apple slices & melon chunks	Vegetable sticks with sour cream and chive dip E, DA	Fresh fruit platter, cheesy curls & fromage frais G, DA

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.