



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	Corn on the Cob			Pitta Bread with chickpea & red pepper dip G, SU	
Main	Vegetable Chilli G, E, CE	Spaghetti & Meatballs G, SY	Fish Pie F, DA, CE	Chicken, Sweet Potato & Coconut Curry G, CE, MU	Smoky Sausage & Bean Casserole G, SU
Veg Option	All courses same as main menu	Spaghetti & Meat-Free Balls G, SY	Vegetable Fingers & Mash Potato G	Mixed Vegetable & Coconut Curry G, CE, MU	Vegetarian Sausage & Bean Casserole G, E, SU
Served with	Rice		Broccoli & carrots	Rice	Mash potato DA
Dessert		Banana custard DA	Orange, oat & sultana cookies G, E, N, DA		Jelly

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	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.