



Menu Autumn/Winter 2022-23

Menu Week 1

	Monday	Tuesday	Wednesday	Thursday (v)	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	Cheesy Garlic bread G, DA, SE		Vegetable spring rolls G, SY, SE	Cream Cheese Pinwheels G, DA	
Main	Chicken Pasta Bake G, DA	Cottage Pie G, F, DA, CE	Sweet Chicken F, SY, CE	Vegetable Lasagne G, E, DA	Sausage & Mash E, DA, SU
Veg Option	Roasted Vegetable Bolognese G, DA	Vegetable and lentil Cottage Pie G, F, DA, CE	Sweet Roasted Vegetables SY, CE	All courses same as main menu	Vegetarian Sausage & Mash G, E, DA
Served with		Seasonal mixed vegetables	Rice		Carrots, peas & onion gravy G, SY
Dessert		Banana Bread G, E, DA			Peaches with a mixed berry sauce and 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.					