



Menu September 2023

Menu Week 1

	Monday	Tuesday	Wednesday (v)	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			Naan with Mango Chutney G, DA	Cream Cheese Pinwheels G, DA	
Main	Chicken Fajita Pasta Bake G, DA	The Children's Choice Cottage Pie OR Cowboy Pie G, E, DA, CE	Chickpea & Sweet Potato Curry	Beef Lasagne G, E, DA	Brunch Sausage, Hash Brown & Tomato E, DA
Veg Option	Vegetable Fajita Pasta Bake G, DA	Quorn & lentil Cottage OR Cowboy Pie G, E, DA, CE	All courses same as main menu	Vegetable Lasagne G, E, DA	Vegetarian Brunch Sausage, Hash Brown & Tomato G, E, DA
Served with		Seasonal Vegetables	Rice & Poppadoms		Beans & a Bread Roll G, SE
Dessert	Fruit Whip DA	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	Rainbow Pasta Inc. peppers, cucumber, apple, sweetcorn, cheese cubes & ham G, DA	Toasted English Muffin topped with beans & cheese G, SY, DA	Toasted Bagel topped with cream cheese G, DA	Ham & Cheese Pinwheels G, DA
Served with	Cherry Tomatoes, cheesy curls & fromage frais G, DA	Melon slices	Vegetable sticks & sultanas	Cucumber sticks, satsuma slices & fromage frais G, 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.					