



Menu Autumn/Winter 2022-23

Menu Week 3

	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		Pitta Bread with yoghurt and mint dip G, E, DA	Vegetable sticks		
Main	Pork & Beef Pasta Bolognese G, CE	Chicken & Butternut Squash Tagine	Mac and Cheese G, DA	Roast Gammon Dinner	The Children's Choice Turkey Dinosaurs, Volcano's, Trees, & Lava G, DA
Veg Option	Vegetarian Pasta Bolognese G, E, CE	Sweet Potato & Butternut Squash Tagine	All courses same as main menu	Chef's alternative Roast Dinner	Dinosaur Eggs (Vegetable Nuggets) G
Served with	Garlic bread G	Couscous G		Diced roast potatoes, cauliflower cheese, carrots & peas DA	Mash potato, broccoli & beans DA
Dessert	Seasonal fruit salad			Fromage frais DA	Fruitburst loaf G, E, 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	Cheese & Sliced Tomato Wraps G, DA	Beans on Toast G, SY	Rainbow Vegetable Pitta Pizza or Margarita Pitta Pizza G, DA	Cheese & Onion Quiche G, E, DA, MU	Children's choice of Sandwiches Choose your own sandwich G, DA, SY
Served with	Cucumber, cheesy curls & fromage frais G, DA	Fruit & natural yoghurt DA	Cucumber sticks, satsuma slices, sultana's	Cucumber, pepper sticks & fromage frais DA	Cheesy curls & fresh fruit platter G
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 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.					