



Menu September 2023

### Menu Week 3

	Monday (v)	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 7:30am - 8:30am Fresh fruit with a selection of cereal or porridge					
<b>Morning Snack</b> 10am - 10:30am Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water					
<b>Lunch</b> 12pm - 1pm served with a cup of water					
<b>Starter</b>			Cheese and Tomato Pizza Twists G, DA		Vegetable Spring Rolls G, SY, SE
<b>Main</b>	Cheesy Pasta Bake G, DA	Taco Tuesday Beef Taco Lasagne G, DA	Fish Pie F, DA, CE	<b>The Children's Choice</b> Roast Dinner Gammon <b>OR</b> Chicken	Sweet Chicken F, SY, CE
<b>Veg Option</b>	All Courses same as main menu	Quorn Taco Lasagne G, E, DA	Vegetable Fingers & Mash Potato G	Chef's alternative Roast Dinner	Sweet Roasted Vegetables SY, CE
<b>Served with</b>	Vegetable Sticks	Tomato & Cucumber Salad	Seasonal Vegetables	Diced roast potatoes, cauliflower cheese, carrots & peas DA	Rice & Prawn Crackers SF
<b>Dessert</b>	Berry and Banana Pancakes G, E, DA	Fruity Drizzle Loaf G, E, DA		Fromage frais 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

<b>Main</b>	Beans on Toast G, SY	Children's Choice of Wraps Fill your own wraps G, DA	Rainbow Vegetable Pitta Pizza or Margarita Pitta Pizza G, DA	Tuna & Sweetcorn Pasta G, E	Children's choice of Sandwiches Choose your own sandwich G, DA, SY
<b>Served with</b>	Fruit & natural yoghurt DA	Cucumber Sticks, cheesy curls & fromage frais G, DA	Satsuma slices, fromage frais, sultana's DA	Cucumber slices	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 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.