



## Menu Autumn/Winter 2025

### Menu Week 2

	Monday	Tuesday (v)	Wednesday	Thursday	Friday
<b>Breakfast</b> 7:30am - 8:30am Fresh fruit with a selection of cereal or porridge					
<b>Morning Snack</b> 10:00am – 10:30am Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water Children under 12 months do not need snacks. If we think a child is hungry in between meals, we will offer extra milk feeds instead.					
	Rice Cakes and Apple SY	Pitta Bread and Pear G, DA	Cracker and satsuma G, DA, SE	Breadsticks and Salsa G, SY, SE	Toast with olive spread and Banana G, DA
<b>Lunch</b> 12pm - 1pm served with a cup of water					
First Course	Garlic Bread G, DA	Naan & Mango Chutney G, DA	Beef Enchiladas with tomato & cucumber salad G, DA	Wholemeal Pittas & Hummus G, SE	Turkey Meatballs in a Hidden Veg Sauce with spaghetti G
Second Course	Chicken Kiev Pasta G, DA	Sweet Potato Coconut Curry with rice E	Bananas & Custard DA	Fish Pie with seasonal vegetables G, F, DA	Homemade Rice Pudding with Berries DA
Vegetarian Alternative	Meat-Free Kiev Pasta G, DA	All Courses same as main menu	Meat-Free Enchiladas with tomato & cucumber salad G, DA	Vegetable Fingers with mashed potato G	Meat-Free Balls in a Hidden Veg Sauce with spaghetti G, E, SY
<b>Afternoon Snack</b> 2:00pm – 2:30pm Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water Children under 12 months do not need snacks. If we think a child is hungry in between meals, we will offer extra milk feeds instead.					
	Toast with olive spread and satsuma G, DA	Rice Cakes and Apples SY	Pitta Bread and Plum G, DA	Cracker and Satsuma G, DA, SE	Breadsticks and Salsa G, SY, SE
<b>Early Evening Light Tea</b> 4pm - 4:30pm Served with a cup of water					
Main	Wholemeal Egg Mayonnaise Sandwich, with vegetable sticks, banana & cheese sticks G, E, DA, SY	Toasted Teacake, with cucumber sticks, satsuma wedges & fruit yoghurt G, DA	Chicken Salad Sandwich, with pear, Banana & fruit yoghurt DA	Toasted English Muffin topped with beans & cheese, with fruit yoghurt G, SY, DA	Cream Cheese & Cucumber Wholemeal Wrap, with watermelon, apple and rice cake G, DA, SE
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.					