

Winter Menu Week 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal selection Toast Fresh Fruit (DA, SY, B, WH, O)	Cereal selection Toast Fresh Fruit (DA, SY, B, WH, O)	Cereal selection Toast Fresh Fruit (DA, SY, B, WH, O)	Cereal selection Toast Fresh Fruit (DA, SY, B, WH, O)	Cereal selection Toast Fresh Fruit (DA, SY, B, WH, O)
Morning Snack	Breadsticks, Pepper sticks (B, WH)	Oatcake & Butter, Cucumber Sticks (O)	Savoury rice cake & Cream Cheese (DA) Sliced Grapes	Home made cheese biscuits & tomato slices (DA, WH, E)	Tomato & herb muffins with apple slices (DA, E)
Lunch	Beef Chilli and Rice (SY)	Macaroni Cheese and Vegetables (WH, DA)	Chicken, Veg & Lentil casserole & potatoes (SY)	Turkey stir fry & Egg noodles (E, SY, WH)	Fish pie and Veg (DA, F)
Vegetarian Option	Plant-based Chilli and Rice (SY)		Plant Based Casserole and Potatoes (SY)	Plant based Stir fry & Egg noodles (E, SY, WH)	Cheese Potato pie & Vegetables (DA)
Pudding	Natural Yoghurt & Honey (DA)	Fresh Fruit Platter	Natural Yoghurt & fruit (DA)	Fresh Fruit Platter	Natural yoghurt & fruit (DA)
Afternoon Snack	Pear Slices	Homemade banana and blueberry oat square (WH)	Satsuma Segments	Rice cakes and Banana slices (WH, B)	Fruit bread and strawberry slices (SY, WH)
Tea	Toasted teacakes with butter and Fruit (SY, WH)	Filled Rolls and Salad (WH, DA, SY)	Home made vegetable soup, rolls and butter (SY, WH)	Crackers & cheese with salad (WH, DA)	Spaghetti Hoops in tomato sauce with toast (SY, WH)

Dairy – DA, Soya – SY, Barley – B, Wheat – WH, Egg – E, Sesame – SE, Oat – O, Fish – F, C - Coconut

Menu options or ingredients may change due to unforeseen circumstances.

Your Nursery team will let you know if an alternative meal has been provided to your child.

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