



Menu 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Cereal & toast with fruit each day G Da				
LUNCH MAIN	Roasted vegetable ragu, with spaghetti and cauliflower cheese G Da	Roast turkey, with roast potatoes, seasonal vegetables and gravy	Beef lasagne, with garlic bread and broccoli G Da	Lamb casserole, with dumplings, mashed potato and seasonal vegetables G	Pulled pork in BBQ sauce, with rice and sauté baby corn Ce
LUNCH PUDDING	Pear and ginger cake G E	Stewed cinnamon apples, with vanilla yoghurt Da	Rice pudding Da	Fruit crumble tart G E Da	Queen of puddings G E Da
LUNCH VEGETARIAN MAIN	Roasted vegetable ragu, with spaghetti and cauliflower cheese G Da	Quorn chicken pieces with roast potatoes, seasonal vegetables and gravy E	Quorn mince lasagne, with garlic bread and broccoli G Da E	Vegetable casserole, with dumplings, mashed potatoes and seasonal vegetables G	BBQ Quorn sausage stew, with rice and sauté baby corn G E Ce
SNACK	Cucumber slices with cheese cubes Da	Cream crackers with butter G Da	Marmite whirls G Da	Breadsticks with houmous G Se	Chopped fresh fruit
TEA MAIN	Ham aranchini G E Ce	Wraps with a variety of fillings and houmous G E F Da Se	Cheese on toast G Da	Sweet potato soup Ce	Pizza slices G Da
TEA PUDDING Homemade cakes & fruit each day G E Da				

ALLERGEN CODES

- G** Gluten
- E** Egg
- F** Fish
- N** Nuts
- Pn** Peanuts
- Sy** Soya
- Da** Dairy
- Ce** Celery
- Mu** Mustard
- Se** Sesame
- Su** Sulphites
- Lu** Lupin
- Sf** Shell Fish

Fresh drinking water is available to all children throughout the day.
In addition to this, milk will be offered at breakfast and tea time.
At tea time, the children will be offered a selection of sandwiches and bread and butter alongside the main tea option.

All of our food is freshly prepared each day and we always offer alternatives for children who are vegetarian or have any other dietary requirements*.

*Dietary requirements must be put in writing to the Nursery Director along with any changes.