



My Favourite Nursery



MENU FOR WEEK 1 COMMENCING: 05/01/2026

	BREAKFAST: 8:00 - 9:00 AM	INGREDIENTS	MORNING SNACK: 10:30 - 11:30 AM	LUNCH: 12:00 - 1:00 PM	INGREDIENTS	DESSERT	INGREDIENTS	TEA: 3:00 - 4:00 PM	INGREDIENTS
MON	Selection of Cereals: Rice Krispies, Weetabix, Cheerios, and Toast	Rice; Wholegrain Wheat , Malted Barley Extract; Wholegrain Oats ; Margarine ALLERGENS: Gluten, Milk	Fruit Medley: Apples, Pears, Melon, Pineapple, Bananas, Strawberries	Vegetable Curry with *Couscous	Mixed Vegetables, Vegetable Stock , Spices/Seasonings, Couscous ALLERGENS: Celery, Gluten	*Selection of Natural and Fruit Yoghurts and Fromage Frais	Skimmed Milk, Cream , Fruit Puree ALLERGENS: Milk	Selection of *Crackers with *Cheese and Cucumber & Carrot Batons with Milk/ Oats Porridge	Wheat Flour, Barley Extract, Rye Flour, Cheese, Oats, Milk ALLERGENS: Gluten, Milk
TUES	Selection of Cereals: Rice Krispies, Weetabix, Cheerios, and Toast	Rice; Wholegrain Wheat , Malted Barley Extract; Wholegrain Oats ; Margarine ALLERGENS: Gluten, Milk	Fruit Medley: Apples, Pears, Melon, Pineapple, Bananas, Strawberries	Turkey/ Quorn Meatballs with Rice and Mixed Vegetables	Turkey/ Quorn Mince , Gluten-free Breadcrumbs, Onions, Rice, Vegetable Stock , Vegetables ALLERGENS: Celery, Egg White, Preserv: Sodium Metabisulphate, Gluten	*Semolina with Fruit Puree	Wheat, Milk , Brown Sugar, Cinnamon, Nutmeg, Fruit Puree ALLERGENS: Gluten, Milk	*Vegetarian Sausage Wraps/ Vegetarian Sausages with Baked Beans	Soya Protein, Wheat, Barley Malt Extract, Wheat Flour, Beans ALLERGENS: Soya, Gluten
WED	Selection of Cereals: Rice Krispies, Weetabix, Cheerios, and Toast	Rice; Wholegrain Wheat , Malted Barley Extract; Wholegrain Oats ; Margarine ALLERGENS: Gluten, Milk	Fruit Medley: Apples, Pears, Melon, Pineapple, Bananas, Strawberries	Vegetable Soup with *Buttered Bread (Non-Dairy Spread)	Mixed Vegetables, Vegetable Stock , Thyme, Bread, ALLERGENS: Celery, Gluten	Fruit Crumble and Custard	Seasonal Fruits, Flour , Brown Sugar, Cinnamon ALLERGENS: Milk, Gluten	*Pasta with Cheese & Tomato and Basil Sauce	Pasta, Milk, Cheese , Tomatoes, Basil, ALLERGENS: Gluten, Milk
THU	Selection of Cereals: Rice Krispies, Weetabix, Cheerios, and Toast	Rice; Wholegrain Wheat , Malted Barley Extract; Wholegrain Oats ; Margarine ALLERGENS: Gluten, Milk	Fruit Medley: Apples, Pears, Melon, Pineapple, Bananas, Strawberries	*Chicken/ Quorn Stir-Fried Rice Noodles with Vegetables	Chicken/ Quorn , Rice Noodles, Mixed Vegetables ALLERGENS: Gluten, Egg White	*Rice Pudding with Raisins	Rice, Milk , Cinnamon, Nutmeg, Raisins ALLERGENS: Milk	Toasted *Bagels with Non-Dairy Butter with Milk/ Semolina Porridge	Wheat Flour, Malted Barley Flour, Wheat Flour, Milk ALLERGENS: Gluten, Milk
FRI	Selection of Cereals: Rice Krispies, Weetabix, Cheerios, and Toast	Rice; Wholegrain Wheat , Malted Barley Extract; Wholegrain Oats ; Margarine ALLERGENS: Gluten, Milk	Fruit Medley: Apples, Pears, Melon, Pineapple, Bananas, Strawberries	*Mixed Fish with Potato Wedges/* Mashed Potato	Mixed Fish , Onions, Sweet Peppers, Vegetable Stock , Potatoes, Milk ALLERGENS: Fish, Celery, Milk	*Selection of Natural and Fruit Yoghurts and Fromage Frais	Skimmed Milk, Cream , Fruit Puree ALLERGENS: Milk	*Chicken/ Quorn Bites with *Spaghetti Hoops	Chicken/ Quorn , Pasta ALLERGENS: Egg White, Gluten

Additional Notes: water, milk, fruits and various healthy finger snacks are made available throughout the day. Couscous, a favourite of the children, is also available. All lunch meals (and tea where applicable) are accompanied with vegetables.

***Alternative selections are provided for special diets and allergies, including gluten-free, non-dairy milk and olive oil spread.**

