



My Favourite Nursery



MENU FOR WEEK 1 COMMENCING: 06/01/2020

	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 ; Margerine ALLERGENS: Gluten, Milk	Fruit Medley: Apples, Pears, Melon, Pineapple, Bananas, Strawberries	*Tuna Bake with Mixed Vegetables	Tuna , Mixed Vegetables, Pasta, Cheese , ALLERGENS: Fish, Gluten, Milk	*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/ <i>Oats Porridge</i>	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 ; Margerine ALLERGENS: Gluten, Milk	Fruit Medley: Apples, Pears, Melon, Pineapple, Bananas, Strawberries	*Mince/ Quorn Pie with Mashed Potatoes, Sweetcorn & Peas, and Vegetables	Lamb/ Quorn Mince , Potatoes, Sweetcorn, Peas, Vegetables, Butter, Milk, Chicken Stock ALLERGENS: Egg White, Milk, Celery	*Semolina with Nutmeg, Cinnamon and Vanilla	Wheat, Milk , Nutmeg, Cinnamon, Vanilla ALLERGENS: Gluten, Milk	*Chicken/Quorn Bites with *Spaghetti Hoops	Chicken/ Quorn, Pasta ALLERGENS: Gluten
WED	Selection of Cereals: Rice Krispies, Weetabix, Cheerios, and Toast	Rice; Wholegrain Wheat , Malted Barley Extract; Wholegrain Oats ; Margerine ALLERGENS: Gluten, Milk	Fruit Medley: Apples, Pears, Melon, Pineapple, Bananas, Strawberries	Stewed *Chicken/ Quorn with Rice and Mixed Vegetables	Chicken/ Quorn , Onions, Sweet Peppers, Chicken Stock , Rice, Mixed Vegetables, Milk, Butter , ALLERGENS: Egg White, Celery, Milk	*Chocolate Cake and *Custard	Flour, Butter, Eggs , Castor Sugar, Baking Powder, Cocoa Powder, Vanilla, Mixed Spice, Milk ALLERGENS: Gluten, Milk, Eggs	*Pasta with Cheese Sauce/Tomato and Basil Sauce	Pasta, Milk, Cheese, Butter , Tomatoes, Basil, ALLERGENS: Gluten, Egg, Milk
THU	Selection of Cereals: Rice Krispies, Weetabix, Cheerios, and Toast	Rice; Wholegrain Wheat , Malted Barley Extract; Wholegrain Oats ; Margerine ALLERGENS: Gluten, Milk	Fruit Medley: Apples, Pears, Melon, Pineapple, Bananas, Strawberries	Vegetable Soup with *Buttered Bread (Non-Dairy Butter)	Mixed Vegetables, Vegetable & Chicken Stock , Thyme, Bread , ALLERGENS: Celery, Gluten, Milk	*Rice Pudding with Raisins	Rice, Milk , Cinnamon, Nutmeg, Raisins ALLERGENS: Milk	*Vegetarian Sausage Wraps/ Vegetarian Sausages with Baked Beans	Soya Protein, Wheat, Barley Malt Extract, Egg, Milk Protein, Wheat Flour, Beans ALLERGENS: Soya, Gluten, Egg, Milk
FRI	Selection of Cereals: Rice Krispies, Weetabix, Cheerios, and Toast	Rice; Wholegrain Wheat , Malted Barley Extract; Wholegrain Oats ; Margerine ALLERGENS: Gluten, Milk	Fruit Medley: Apples, Pears, Melon, Pineapple, Bananas, Strawberries	*Mixed Fish with Vegetables and *Couscous	Mixed Fish , Onions, Sweet Peppers, Vegetable Stock , Broccoli, Cauliflower, Couscous ALLERGENS: Fish, Wheat, Celery	*Selection of Natural and Fruit Yoghurts and Fromage Frais	Skimmed Milk, Cream , Fruit Puree ALLERGENS: Milk	Toasted *Bagels with Non-Dairy Butter and Jam	Wheat Flour, Malted Barley Flour ALLERGENS: 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.**

