



# My Favourite Nursery



## MENU FOR WEEK 1 COMMENCING: 01/07/2024

	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 <b>Wheat</b> , Malted <b>Barley</b> Extract; Wholegrain <b>Oats</b> ; Margarine <b>ALLERGENS: Gluten, Milk</b>	Fruit Medley: Apples, Pears, Melon, Pineapple, Bananas, Strawberries	*Salmon Pasta Bake with Broccoli and Cauliflower	<b>Salmon, Pasta, Cheese</b> , Broccoli, Cauliflower <b>ALLERGENS: Fish, Gluten, Milk</b>	*Selection of Natural and Fruit Yoghurts and Fromage Frais	<b>Skimmed Milk, Cream</b> , Fruit Puree <b>ALLERGENS: Milk</b>	Selection of *Crackers with *Cheese and Cucumber & Carrot Batons with <b>Milk/ Oats Porridge</b>	<b>Wheat Flour, Barley</b> Extract, <b>Rye Flour, Cheese, Oats, Milk</b> <b>ALLERGENS: Gluten, Milk</b>
TUES	Selection of Cereals: Rice Krispies, Weetabix, Cheerios, and Toast	Rice; Wholegrain <b>Wheat</b> , Malted <b>Barley</b> Extract; Wholegrain <b>Oats</b> ; Margarine <b>ALLERGENS: Gluten, Milk</b>	Fruit Medley: Apples, Pears, Melon, Pineapple, Bananas, Strawberries	*Spaghetti and Turkey/ <b>Quorn</b> Meatballs with Mixed Vegetables	Turkey/ <b>Quorn Mince</b> , Gluten-free Breadcrumbs, Onions, <b>Pasta, Vegetable Stock</b> , Vegetables <b>ALLERGENS: Celery, Egg, Preserv: Sodium Metabisulphate, Gluten</b>	*Semolina with Fruit Puree	<b>Wheat, Milk</b> , Demerara Sugar, Cinnamon, Nutmeg, Fruit Puree <b>ALLERGENS: Gluten, Milk</b>	*Chicken/ <b>Quorn</b> Bites with *Spaghetti Hoops	Chicken/ <b>Quorn</b> , <b>Pasta</b> <b>ALLERGENS: Egg White, Gluten</b>
WED	Selection of Cereals: Rice Krispies, Weetabix, Cheerios, and Toast	Rice; Wholegrain <b>Wheat</b> , Malted <b>Barley</b> Extract; Wholegrain <b>Oats</b> ; Margarine <b>ALLERGENS: Gluten, Milk</b>	Fruit Medley: Apples, Pears, Melon, Pineapple, Bananas, Strawberries	*Chilli Con Carne/ <b>Quorn</b> with Rice and Vegetables	Lamb/ <b>Quorn Mince</b> , Red Beans, Onions, Mixed Herbs, <b>Chicken Stock</b> , Rice <b>ALLERGENS: Egg White, Celery</b>	Fruit Crumble and Custard	Seasonal Fruits, <b>Flour</b> , Demerara Sugar Cinnamon, . <b>ALLERGENS: Milk, Gluten</b>	*Pasta with Cheese Sauce/Tomato and Basil Sauce	<b>Pasta, Milk, Cheese, Butter</b> , Tomatoes, Basil, <b>ALLERGENS: Gluten, Milk</b>
THU	Selection of Cereals: Rice Krispies, Weetabix, Cheerios, and Toast	Rice; Wholegrain <b>Wheat</b> , Malted <b>Barley</b> Extract; Wholegrain <b>Oats</b> ; Margarine <b>ALLERGENS: Gluten, Milk</b>	Fruit Medley: Apples, Pears, Melon, Pineapple, Bananas, Strawberries	*Mixed Fish with Potato Wedges/* <b>Mashed Potato</b>	Mixed <b>Fish</b> , Onions, Sweet Peppers, <b>Vegetable Stock</b> , Potatoes, <b>Milk</b> <b>ALLERGENS: Fish, Celery, Milk</b>	*Rice Pudding with Raisins	Rice, <b>Milk</b> , Cinnamon, Nutmeg, Raisins <b>ALLERGENS: Milk</b>	Toasted *Bagels with Non-Dairy Butter with Milk/ <b>Cornmeal Porridge</b>	<b>Wheat Flour, Malted Barley Flour, Cornmeal, Milk</b> <b>ALLERGENS: Gluten, Milk</b>
FRI	Selection of Cereals: Rice Krispies, Weetabix, Cheerios, and Toast	Rice; Wholegrain <b>Wheat</b> , Malted <b>Barley</b> Extract; Wholegrain <b>Oats</b> ; Margarine <b>ALLERGENS: Gluten, Milk</b>	Fruit Medley: Apples, Pears, Melon, Pineapple, Bananas, Strawberries	*Chicken/ <b>Quorn</b> Stir-Fried Noodles with Vegetables	Chicken/ <b>Quorn</b> , <b>Egg Pasta</b> , Mixed Vegetables <b>ALLERGENS: Gluten, Egg, Egg White</b>	*Selection of Natural and Fruit Yoghurts and Fromage Frais	<b>Skimmed Milk, Cream</b> , Fruit Puree <b>ALLERGENS: Milk</b>	*Vegetarian Sausage Wraps/ <b>Vegetarian Sausages with Baked Beans</b>	<b>Soya Protein, Wheat, Barley Malt Extract, Wheat Flour, Beans</b> <b>ALLERGENS: Soya, Gluten</b>

**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.

