



Autumn MENU No 2		Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast	Rice crispy, porridge and toast -Grapes Fresh milk (D) Oat milk (G) Gluten free bread	Weetabix, porridge and brown pitta bread -Banana Fresh milk (D) Oat milk (G) Gluten free bread	Brown flakes, rice crispy and toast -Melon Fresh milk (D) Oat milk (G) Gluten free bread	Brown pitta bread, corn flakes and Weetabix - Plums Fresh milk (D) Oat milk (G) Gluten free bread	Porridge, brown flakes, and toast -Apples Fresh milk (D) Oat milk (G) Gluten free bread
	Am snack	Rice cakes (G) Gluten free oat/rice cakes	Plums & Oranges	Rice cakes (G) Gluten free oat/rice cakes	Apples and Grapes	Bread sticks (G) Gluten free breadsticks
	Lunch	*Brown Spaghetti with beef bolognaise and Brussels sprouts	*Cod in white sauce with mash potato side mix vegetable	*Chicken Tikka Masala, with rice and side carrot	*Mixed pulses curry with couscous and green beans	*Salmon Pie served with Carrots and Peas
	Pudding	* Rice pudding	* Semolina	* Jelly and apples	* Greek yogurt with banana	*Fruit sponge cake with homemade custard
	Vegetarian option	Cheese, spaghetti with tomato sauce	Red kidney beans, mix vegetable in creamy white sauce	* Chickpea chana masala	Same as above	Butter bean pie
	Dairy Free Option	Oat milk rice pudding	Oat milk semolina	Same as above	Coconut yoghurt	Same as above
	Gluten Free Option	Gluten free spaghetti	Same as above	Same as above	Mixed pulses with quinoa	Same as above
	Pm snack	Banana & Apples	Cream Crackers (G) Gluten free crackers	Grapes & Banana	Oat Cakes (G) Gluten free oat/rice cakes	Plums & Banana
	Tea	*Green lentils with potato stew and mix vegetables with brown bread	* Brown pitta bread with cream cheese, and cucumber	* Cheese, mushroom pizza, green salad	*Penne pasta salad with tuna and sweetcorn	*Hummus sandwiches with cherry tomatoes
	Pudding	*3 Seasonal fruit platter	*3 Seasonal fruit platter	*3 Seasonal fruit platter	*3 Seasonal fruit platter	*3 Seasonal fruit platters
	Vegetarian option	Same as above	Same as above	Same as above	Lentil penne pasta	Same as above
	Dairy Free Option	Same as above	Brown pitta with hummus	Dairy free cheese	Same as above	Same as above
	Gluten Free Option	Gluten free bread	Gluten free pitta	Gluten free pizza base	Gluten free pasta	Gluten free bread

*Every effort will be made to ensure that the dietary needs of all our children and babies are met (check our weaning policy), those children and the ones with allergies or preferences are given a meal as similar as possible to the menu through an appropriate preparation. All food is made fresh within the nursery every day. *Fresh milk and water are available throughout the day. A variety of wholegrain and whole meal food are included throughout the whole week.