

Spring MENU No 3	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Breakfast</b>	Cereal/Porridge/Toast Fresh milk (D) Oat milk (G) Gluten free bread	Cereal/Porridge/Toast Fresh milk (D) Oat milk (G) Gluten free bread	Cereal/Porridge/Toast Fresh milk (D) Oat milk (G) Gluten free bread	Cereal/Porridge/Toast Fresh milk (D) Oat milk (G) Gluten free bread	Cereal/Porridge/Toast Fresh milk (D) Oat milk (G) Gluten free bread
<b>Am snack</b>	Bananas & Plums	Creamy crackers	Avocado & grapes	Oat cakes	Kiwis & Plums
 <b>Lunch</b> <b>Pudding</b>	*Red kidney beans bolognaise with brown pasta and green beans  *Sugar free semolina	*Chicken curry with rice and broccoli and carrots  *Fruit cake with homemade sugar free banana custard	*Cod in bechamel sauce with potato, mixed veg  *Homemade sugar free banana loaf	*Beef and mixed veg stew with bulgur, Brussel sprouts  *Sugar free rice pudding	*Salmon pie with gravy and broccoli and cauliflower  *Greek yoghurt & apple
<b>Vegan Option</b>	Same as above	Mixed beans curry ...	Green lentil Dahl with potato...	Butter bean stew .....	Lentil pie with gravy.....
<b>Pescatarian Option</b>	Same as above	Mixed beans curry...	Cod fish in bechamel sauce..	Butter bean stew....	Salmon pie with gravy..
<b>Lunch Vegetarian option</b>	Same as above	Mixed beans curry with rice and broccoli and carrots	Green lentil Dahl with potato, mixed veg	Butter bean stew with bulgar, Brussel sprouts	Lentil pie with gravy and broccoli and cauliflower
<b>Lunch Dairy Free option</b>	Oat milk semolina(p)	Oat milk custard (p)	Oat milk bechamel sauce(L)	Oat milk rice pudding	Coco yogurt and apple
<b>Lunch Gluten Free option</b>	Gluten free Pasta(L) Vanilla pudding (P)	Gluten free cake (P)	Gluten free banana loaf(P)	Beef veg stew with rice (L)	Gluten free pasta.....(L)
<b>Pm snack</b>	Breadsticks (G) Gluten free breadsticks	Apples and kiwis	Rice cakes (G) Gluten free oat cake	Apples & Oranges	Bread sticks (G) Gluten free breadsticks
 <b>Tea</b> <b>Pudding</b>	* Couscous with chickpeas  *3 Seasonal fruit platter	*Cream cheese sandwiches with green salad  *3 Seasonal fruit platter	*Chicken sandwiches with lettuce.  *3 Seasonal fruit platter	*Homemade pizza with tomatoes, mushrooms, peppers and sweetcorn *3 Seasonal fruit platter	*Rice with red kidney curry and mixed veg  *3 Seasonal fruit platter
<b>Vegan Option</b>	Same as above	Humus sandwiches ....	Moroccan rice with chickpeas..	Same as above...	Sam as above..
<b>Pescatarian Option</b>	Same as above	Cheese sandwiches ...	Moroccan rice with chickpeas	Same as above	Same as above
<b>Tea Vegetarian option</b>	Same as above	Cheese sandwiches...	Moroccan rice with chickpeas	Same as above	Same as above
<b>Tea Dairy Free option</b>	Same as above	Humus sandwiches.....	Chicken dairy free mayo sand..	Same as above	Same as above
<b>Tea Gluten Free option</b>	Quinoa with chickpeas.....	Gluten free cream cheese sand.	Moroccan rice with chickpeas ..	Gluten free pizza	Same as above

\*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 wholemeal food are included throughout the whole week.

\*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 wholemeal food are included throughout the whole week.