

| Autumn MENU No 4 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|--|
|  Breakfast | Rice crispy, porridge and toast -Apples Fresh milk (D) Oat milk (G) Gluten free bread | Weetabix, porridge and brown bagels -Grapes Fresh milk (D) Oat milk (G) Gluten free bread | Brown flakes, rice crisps and toast -Plums Fresh milk (D) Oat milk (G) Gluten free bread | Brown bagels, corn flakes and Weetabix -Plums Fresh milk (D) Oat milk (G) Gluten free bread | Porridge, brown flakes, and toast -Banana Fresh milk (D) Oat milk (G) Gluten free bread |
| Am snack | Bananas & Tangerines | Rice cakes | grapes & banana | Oat cakes | plums & Tangerines |
|  Lunch | * Chicken stew with mixed veggies, rice, and cabbage | *Baked salmon with brown bulgar and broccoli | *Beef Spaghetti bolognaise, with green beans | *Jacket Potato served with beans & cheese and fresh salad | *Lamb mixed veg stew with quinoa. |
| Pudding | *Semolina with berries | *Homemade custard with banana | *Cheesecake served with berries | *Greek yoghurt with apple | *Rice pudding |
| Vegetarian option | *Mixed beans stew bolognaise. | Same as above | *Chickpeas stew... | * Same as above | Mixed pulses, veg and quinoa |
| Dairy Free Option | Oat milk semolina | Dairy free custard | Dairy free cheesecake | Potato with baked beans | Oat milk rice pudding |
| Gluten Free Option | Same as above | Baked salmon with quinoa | Gluten free pasta | Same as above | Same as above |
| Pm snack | Breadsticks | Plums & Apples | Cream Crackers | Apple & Avocado | Bread Sticks |
|  Tea | *Halloumi olive pastry | *Beans on toast with cucumber sticks and cherry tomatoes | *Dahal with pitta, chickpea, and carrot. | *Bulgur with green beans, lentils. Fresh tomatoes | *Humus pitta bread with tomatoes and pepper sticks |
| Pudding | *3 Seasonal fruit platter | *3 Seasonal fruit platter | *3 Seasonal fruit platter | *3 Seasonal fruit platter | 3 Seasonal fruit platters |
| Vegetarian option | Lentil olive pastry | Lentil and potato cake | Same as above | Same as above | Same as above |
| Dairy Free Option | Same as above | Same as above | Same as above | Same as above | Same as above |
| Gluten Free Option | Gluten free flour bread | Gluten free toast | Same as above | Rice with lentil, green beans | Gluten free bread, hummus sandwiches |

*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.