




Winter MENU No 4	Monday	Tuesday	Wednesday	Thursday	Friday
 Breakfast	Rice crispy, porridge and toast -pear Fresh milk (D) Oat milk (G) Gluten free bread	Weetabix, porridge and brown bagels -apples Fresh milk (D) Oat milk (G) Gluten free bread	Brown flakes, rice crispy and toast -plums Fresh milk (D) Oat milk (G) Gluten free bread	Brown bagels, corn flakes and Weetabix -banana Fresh milk (D) Oat milk (G) Gluten free bread	Porridge, brown flakes, and toast -oranges Fresh milk (D) Oat milk (G) Gluten free bread
Am snack	Bananas & oranges	Creamy crackers	Pineapple & banana	Oat cakes	plums & oranges
 Lunch	*Beef Jollof rice with green beans and Brussels sprouts	*Foil herbal backed salmon with mash sweet potato and green beans	*Mixed beans in spicy tomato sauce with bulgur and broccoli	*Lamb shepherd pie with red cabbage	*Fish fingers, roast sweet potato and parsnips with tomato sauce
 pudding	*Greek yoghurt with berries	*Carrot cake with homemade custard	*Rice pudding	*Semolina	*Quinoa cake with homemade Cocoa sauce
Vegetarian	Mixed beans Jollof rice...	Same as above	*Same as above	Red kidney beans...	Beans burger...
Dairy Free	Coconut yogurt with berries				
Gluten Free	Same as above				
Pescatarian					
Vegan					
Pm snack	Breadsticks	Plums & berries	Rice Cakes	Apples & Pear	Bread Sticks
 Tea	*Pitta bread with creamy cheese, and green salad	*Chicken with salad, tomatoes wrap	*Lentil pasta with cucumber sticks	*Tuna sandwiches with cherry tomatoes	*Homemade pizza with mushrooms, pepper and sweetcorn
 pudding	*3 Seasonal fruit platter	*3 Seasonal fruit platter	*3 Seasonal fruit platter	*3 Seasonal fruit platter	*3 Seasonal fruit platter
Vegetarian	Same as above	Falafel wrap...	Same as above	Humus sandwich...	Beans on toast
Dairy Free					
Gluten Free					
Pescatarian					
Vegan					

*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.