

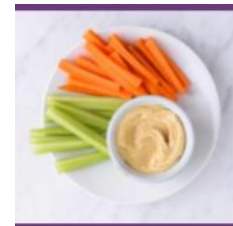


Winter

WEEK 1 Menu (1-5 years)



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge and low sugar cereal (Non Gluten and dairy options available)				
Morning Snack	Fruit loaf with easy peelers	Buttered toasted muffins and apple slices	Cheese straws with carrots and cucumber sticks	Brioche buns with grapes	Vanilla milkshake/ chocolate milk and orange shortbread
Lunch	Cowboy pie	Moussaka and runner beans	Turkey noodle bake	Roast Pork, roast potatoes and vegetables	Fish pie with mash, sweetcorn and peas
Pudding	Baked bananas and custard	Pear and cinnamon crumble	Eve's pudding	Scotch pancakes with chocolate sauce	Carrot flapjacks with fruit sauce
Afternoon Tea	Carrot and coriander soup	Fish fingers with crispy potatoes	Pesto pin wheels	Tomato and spinach rigatoni pasta	Enchiladas
Allergen Advice	Gluten and Dairy Free options available. Please talk to the Nursery manager for further information.				
	The above menu is to be used as a guide only, meals may be changed at any time and is at the discretion of the nursery manager and cooks. Afternoon tea is provided as a light snack and does not replace the enjoyment of sharing a family evening meal. If you have any questions relating to the above please contact your Nursery.				

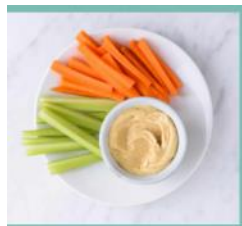


Winter

WEEK 2 Menu (1-5 years)



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge and low sugar cereal (Non Gluten and dairy options available)				
Morning Snack	Soft brown thins with cream cheese	Mackerel pate with crispbreads	Spiced apple and carrot muffins with fruit	Cheese and crackers with grapes	Hummus with carrot, cucumber and breadsticks
Lunch	Loaded jackets with cheese, beans and sweetcorn	Chicken curry with rice and poppadum's	Cottage pie with swede mash and peas	Pork and apple meatballs with spaghetti	Fish pie with crumbled top and carrots
Pudding	Upside down pineapple sponge	Oaty apricot squares with ice cream	Blancmange with fruit	Cinnamon and carrot cookies with vanilla milkshake	Banana split
Afternoon Tea	Wraps with winter slaw	Savoury bread and butter pudding	Cheese and onion frittata with baked beans	Winter vegetable soup with bread rolls and croutons	Cheesy taco sticks
Allergen Advice	Gluten and Dairy Free options available. Please talk to the Nursery manager for further information.				
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Winter

WEEK 3 Menu (1-5 years)



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge and low sugar cereal (Non Gluten and dairy options available)				
Morning Snack	Cheese fingers, apples slices and rice crackers	Melon and sultanas with cinnamon oat cookies	Buttered crumpets with a selection of grapes	Flatbread with a variety of fillings	Fruit platter with cheese straws
Lunch	Sweet Chilli chicken with peas	Beef casserole and dumplings with carrots	Gammon with cheese sauce or gravy with sweet potato mash	Roast chicken with gravy, peas, swede and roast potatoes	Salmon, cod and broccoli pasta bake with sweetcorn
Pudding	Winter fruit crumble and crème fraiche	Banana and blueberry pancakes	Warm jam sponge and custard	Pears and warm chocolate custard	Tinned peaches and ice cream
Afternoon Tea	Mixed potato wedges and spaghetti hoops	Tomato Soup, bread rolls and croutons	Sausage rolls with cheese fingers and cucumber	Warm quiche and baked beans	Beans on toast with grated cheese
Allergen Advice	Gluten and Dairy Free options available. Please talk to the Nursery manager for further information.				
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Winter

WEEK 4 Menu (1-5 years)



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge and low sugar cereal (Non Gluten and dairy options available)				
Morning Snack	Fruit medley with oat biscuits	Rice cakes with cheese and grapes	Cheese and marmite crumpets with bananas	Cinnamon loaf and hot chocolate	Ham and cheese thins with melon
Lunch	Oven baked Chicken risotto with sweetcorn	Beef Hotpot with crispy potatoes with cauliflower	Sausage Casserole with Yorkshire pudding, gravy and swede	Vegetable and chickpea curry with naan	Fish Pie with sweet potato mash
Pudding	Fruit cocktail	Bread and butter pudding	Fruit Fool	Upside down winter pudding	Fruit sponge with hot chocolate sauce
Afternoon Tea	Leek and potato soup with croutons	Mac Cheese and Broccoli bake	Tomato and Basil Penne Pasta	Chilli pots with wedges	Flat bread with dips, BBQ chicken, cucumber and carrots
Allergen Advice	Gluten and Dairy Free options available. Please talk to the Nursery manager for further information.				
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