



Menu September 2023

Menu Week 1

	Monday	Tuesday	Wednesday (v)	Thursday	Friday
Breakfast 7:30am - 8:30am Fresh fruit with a selection of cereal or porridge					
Morning Snack 10am - 10:30am Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water					
Lunch 12pm - 1pm served with a cup of water					
Starter			Naan with Mango Chutney G, DA	Cream Cheese Pinwheels G, DA	
Main	Chicken Fajita Pasta Bake G, DA	The Children's Choice Cottage Pie OR Cowboy Pie G, E, DA, CE	Chickpea & Sweet Potato Curry	Beef Lasagne G, E, DA	Brunch Sausage, Hash Brown & Tomato E, DA
Veg Option	Vegetable Fajita Pasta Bake G, DA	Quorn & lentil Cottage OR Cowboy Pie G, E, DA, CE	All courses same as main menu	Vegetable Lasagne G, E, DA	Vegetarian Brunch Sausage, Hash Brown & Tomato G, E, DA
Served with		Seasonal Vegetables	Rice & Poppadoms		Beans & a Bread Roll G, SE
Dessert	Fruit Whip DA	Banana Bread G, E, DA			Peaches with a mixed berry sauce & Greek yoghurt DA
Afternoon Snack 2pm - 2:30pm Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water					
Early Evening Packed Tea 4pm - 4:30pm Served with a cup of water					

Where allergens are present, it is displayed next to the appropriate meal

Allergen codes: GLUTEN – G, EGG –E, FISH –F, NUTS – N, PEANUTS –PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD – MU, SESAME – SE, SULPHITES – SU, LUPIN – LU, SHELL FISH – SF (Crustaceans and Molluscs), Vegetarian day – (v)

We will always cater for dietary requirements and needs. The above information does not include allergen information that 'may contain' and is subject to changes of menu ordering and product availability and is just to be used as a guide. Please ensure that you have notified the nursery management of any allergies, so this can be added to your child's care plan, information will then be passed on to the practitioners and the chef.



Menu September 2023

Menu Week 2

	Monday (v)	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:30am - 8:30am Fresh fruit with a selection of cereal or porridge					
Morning Snack 10am - 10:30am Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water					
Lunch 12pm - 1pm served with a cup of water					
Starter	Tortilla Chips with Mild Tomato and Pineapple Salsa		Garlic Bread G, SE	Pitta Bread with Houmous G, SU	
Main	Vegetable Chilli G, CE	Spaghetti Bolognese with a Hidden Veg Sauce G	Creamy Chicken Supreme G, DA	Mild Thai Chicken Curry	Smoky Sausage & Bean Casserole E, SU
Veg Option	All courses same as main menu	Spaghetti & Meat-Free Bolognese with a Hidden Veg Sauce G, E, SY	Creamy Mushroom Supreme G, E, DA	Mild Thai Vegetable Curry	Vegetarian Sausage & Bean Casserole G, E, SU
Served with	Corn on the Cob & Rice		Baby Corn, Broccoli & Rice	Rice	Mashed Potato DA
Dessert		Banana custard DA			The Children's Choice Jelly Strawberry, Orange OR Raspberry
Afternoon Snack 2pm - 2:30pm Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water					
Early Evening Packed Tea 4pm - 4:30pm Served with a cup of water					

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Allergen codes: GLUTEN – G, EGG –E, FISH –F, NUTS – N, PEANUTS –PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD – MU, SESAME – SE, SULPHITES – SU, LUPIN – LU, SHELL FISH – SF (Crustaceans and Molluscs), Vegetarian day – (v)

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Menu September 2023

Menu Week 3

	Monday (v)	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:30am - 8:30am Fresh fruit with a selection of cereal or porridge					
Morning Snack 10am - 10:30am Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water					
Lunch 12pm - 1pm served with a cup of water					
Starter			Cheese and Tomato Pizza Twists G, DA		Vegetable Spring Rolls G, SY, SE
Main	Cheesy Pasta Bake G, DA	Taco Tuesday Beef Taco Lasagne G, DA	Fish Pie F, DA, CE	The Children's Choice Roast Dinner Gammon OR Chicken	Sweet Chicken F, SY, CE
Veg Option	All Courses same as main menu	Quorn Taco Lasagne G, E, DA	Vegetable Fingers & Mash Potato G	Chef's alternative Roast Dinner	Sweet Roasted Vegetables SY, CE
Served with	Vegetable Sticks	Tomato & Cucumber Salad	Seasonal Vegetables	Diced roast potatoes, cauliflower cheese, carrots & peas DA	Rice & Prawn Crackers SF
Dessert	Berry and Banana Pancakes G, E, DA	Fruity Drizzle Loaf G, E, DA		Fromage frais DA	
Afternoon Snack 2pm - 2:30pm Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water					
Early Evening Packed Tea 4pm - 4:30pm Served with a cup of water					

Where allergens are present, it is displayed next to the appropriate meal
 Allergen codes: GLUTEN – G, EGG –E, FISH –F, NUTS – N, PEANUTS –PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD – MU, SESAME – SE, SULPHITES – SU, LUPIN – LU, SHELL FISH – SF (Crustaceans and Molluscs), Vegetarian day – (v)

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