**Menu Week 1**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Lunch – 11.15am** | **Tea – 4.15pm** | **Mid afternoon snack – 2pm** |
| **Monday** | Sausage and mash with Broccoli  | Mixed seasonal vegetable soup with croutons | Cheese spread with Crackers |
| Veggie Sausage |
| **Tuesday**  | Mixed vegetable rainbow cous cous | Spaghetti Meatballs in veggie tomato sauce  | Pitta and carrot sticks with tzatziki  |
| Vegetarian meatless meatballs |
| **Wednesday** | Salmon and mashed avocado pasta  | Jacket potato with cheese and beans  | Breadsticks with cucumber and tomatoes  |
| Peas and mashed avocado pasta  |
| **Thursday** | Vegetable Paella  | Cottage pie  | Cheese spread with crackers |
| Quorn cottage pie |
| **Friday** | Chicken curry on a bed of rice | Sweet and sour vegetable stir-fry with noodles  | Pitta with avocado dip |
| Vegetable curry on a bed of rice |

**Drinks**

Only water is on offer for the children throughout the day.

**Breakfast**

Self-serving (toddlers and preschool) toast and cereals served with milk and water (Oat milk available for children with allergies). Baby cereal is also available for younger children.

**Pudding**

We only offer yoghurt and fresh fruit. Children under 2 years with have natural yoghurt and over 2s have fromage frais. The children will have yoghurt at lunch and fresh fruit at tea or vice versa.

**Dietary/allergies requirements**

If you have any specific dietary requirements due to allergies or religion, please inform the nursery manager and we will cater for your child on an individual basis.

**Dishes**

Within all dishes we add plenty of vegetables, regardless of whether it is written above

**Menu Week 2**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Lunch – 11.15am** | **Tea – 4.15pm** | **Mid afternoon snack – 2pm** |
| **Monday** | Fish fingers with Swede, carrot, and butternut mash | Jacket potatoes with Tuna or Beans and Cheese | Pitta and carrot sticks with hummus |
| Fishless fingers  |
| **Tuesday**  | Chilli con carni with Rice  | Sweet potato, chicken pea and lentil curry with Naan bread | Cheese spread with crackers |
| Lentil con carni with rice |
| **Wednesday** | Chicken and mixed veg in gravy with new potatoes  | Ham Hock Macaroni cheese | Pitta with avocado dip |
| Mixed vegetables with chickpeas in gravy |
| **Thursday** | Tuna pasta Bake | Tomato soup with soft bread rolls | Breadsticks with cucumber and tomatoes |
| Veggie pasta bake |
| **Friday** | Puff pastry pizza  | Chicken and chorizo Paella  | Cheese spread with Crackers |
| Veggie Paella  |

**Drinks**

Only water is on offer for the children throughout the day.

**Breakfast**

Self-serving (toddlers and preschool) toast and cereals served with milk and water (Oat milk available for children with allergies). Baby cereal is also available for younger children.

**Pudding**

We only offer yoghurt and fresh fruit. Children under 2 years with have natural yoghurt and over 2s have fromage frais. The children will have yoghurt at lunch and fresh fruit at tea or vice versa.

**Dietary/allergies requirements**

If you have any specific dietary requirements due to allergies or religion, please inform the nursery manager and we will cater for your child on an individual basis.

**Dishes**

Within all dishes we add plenty of vegetables, regardless of whether it is written above