

Winter MENU No 3	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Breakfast</b>	Rice crispy, porridge and toast -Oranges  Fresh milk	Weetabix, porridge and brown pitta bread -Apples  Fresh milk	Brown flakes, rice crispy and toast -Oranges  Fresh milk	Brown pitta bread, corn flakes and Weetabix - Bananas  Fresh milk	Porridge, brown flakes and toast -Apples  Fresh milk
<b>Am snack</b>	Bananas & Kiwi	Rice cakes	Creamy crackers	Apples and melon	breadsticks
 <b>Lunch</b>	*Butter beans spicy tomato sauce with bulgur and broccoli	*Beef bolognaises with brown spaghetti and peas	*Chicken Tikka with rice and broccoli	*Lamb shepherd's pie with peas	*Salmon in white sauce with mix vege cous - cous
<b> pudding</b>	*Homemade Rice pudding	*Homemade semolina with cinnamon	*Greek yogurt with banana	*Homemade Cinnamon biscuit with fruit	*Homemade carrot cake &vanilla pudding
<b>Vegetarian option</b>	Sama as above	Red kidney bean bolognaises...	*Mix vegetables with chickpea tikka...	Veggie and lentil burger, side mash potato	Taco beans in tomato sauce, veg cous cous
<b>Dairy Free</b>	Oat milk rice pudding	Oat milk semolina	Coconut yogurt	Same as above (L) Oat milk (P)	Same as above (L) Oat milk cake pudding(P)
<b>Gluten Free</b>	Butter beans spicy tomato with quinoa and broccoli	Cinnamon &vanilla pudding	Same as above	Same as above (L) Gluten free flour (P)	Salmon with quinoa (L) Gluten free flour (P)
<b>Pescatarian</b>	Same as above	Red kidney bean bolognaises.	Mix vegetables with chickpea tikka...	Veggie and lentil burger, side mash potato	Same as above
<b>Vegan</b>	Same as above (L) Oat milk rice pudding (P)	Red kidney bean bolognaises(L) Oat milk semolina (P)	chickpea tikka...(L) Coconut yogurt (P)	Veggie and lentil burger...(L) Oat Milk Pudding(P)	Taco beans .... (L) Oat milk cake pudding(P)
<b>Pm snack</b>	Breadsticks	Oranges & Banana	Kiwi, pear	Oat Cakes	Kiwi & orange
 <b>Tea</b>	*Homemade carrot, red lentil soup with pitta	*Homemade Feta cheese and spinach pastry	*Tuna jacket potato and side sweetcorn	*Chicken sandwiches with green salad	* Beans on toast and cucumber sticks
<b> pudding</b>	*3 Seasonal fruit platter	*3 Seasonal fruit platter	*3 Seasonal fruit platter	*3 Seasonal fruit platter	*3 Seasonal fruit platter
<b>Vegetarian option</b>	Same as above	Same as above	Beans jacket potato, sweetcorn....	Falafel sandwich...	Same as above
<b>Dairy Free</b>	Same as above	Lentil, spinach pastry	Same as above	Same as above	Same as above
<b>Gluten Free</b>	Gluten free pitta	Gluten free flour pastry	Same as above	Gluten free bread	Gluten free bread
<b>Pescatarian</b>	Same as above	Same as above	Same as above	Falafel sandwich ..	Same as above
<b>Vegan</b>	Same as above	Lentil, spinach pastry	Beans jacket potato, sweetcorn...,side	Falafel sandwich ...	Same as above

\*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.

