

Spring MENU No 4	Monday	Tuesday	Wednesday	Thursday	Friday
 Breakfast	Cereal/Porridge/Toast Fresh milk (D) Oat milk (G) Gluten free bread	Cereal/Porridge/Toast Fresh milk (D) Oat milk (G) Gluten free bread	Cereal/Porridge/Toast Fresh milk (D) Oat milk (G) Gluten free bread	Cereal/Porridge/Toast Fresh milk (D) Oat milk (G) Gluten free bread	Cereal/Porridge/Toast Fresh milk (D) Oat milk (G) Gluten free bread
Am snack	Bananas & Oranges	Creamy crackers	Apples and bananas	Oat cakes	Plums & oranges
 Lunch Pudding	*Beef, jollof rice with green beans and brussels sprouts *Greek yoghurt with melon	*Tuna pasta with peas and broccoli *Semolina	*Mixed beans in spicy tomato sauce with bulgur and broccoli and cauliflower *Rice pudding	*Turkey and potato curry with carrots and sugar snap peas *Fruit cake with homemade custard	*Baked Fish fingers, sweet potato and parsnips with tomato sauce *Frozen yoghurt with berries
Lunch Vegetarian option	Mixed taco beans with ..	Red kidney pasta with	Same as above	Chickpeas curry..	Baked veggie burgers
Vegan Option	Mixed taco beans with(L) Coco yogurt & melon(P)	Red kidney pasta with	Same as above	Chickpeas curry..(L) Oat milk custard(P)	Baked veggie burgers(L) Frozen coco yogurt (P)
Pescatarian Option	Mixed taco beans with..	Tuna pasta with peas....	Same as above	Chickpeas curry..	Baked Fish fingers...
Lunch Dairy Free option	Coco yogurt with melon ..	Oat milk semolina...	Oat milk rice pudding	Oat milk in cake (p)	Frozen coco yogurt (P)
Lunch Gluten Free option	Same as above	Gluten free pasta (lunch) Quinoa (pudding)	Mixed beans...with rice	Same as above (L) Gluten free cake(p)	Same as above
Pm snack	Breadsticks (G) Gluten free breadsticks	Melon & Berries	Rice cakes (G) Gluten free oat cake	Apples & Avocado	Bread sticks (G) Gluten free breadsticks
 Tea Pudding	*Chicken and salad sandwiches *3 Seasonal fruit platter	*Pizza margarita, mushrooms, peppers, sweetcorn *3 Seasonal fruit platter	*Healthy quinoa salad with olive oil dressing *3 Seasonal fruit platter	*Pitta bread with tzatziki and cherry tomatoes *3 Seasonal fruit platter	*Turkish couscous (kisir) with mixed salad *3 Seasonal fruit platter
Tea Vegetarian option	Beans on toast with side salad	Same as above	Same as above	Same as above	Same as above
Vegan Option	Beans on toast with	Oat milk in pizza base(L)	Same as above	Hummus, cucumber pitta	Same as above
Pescatarian Option	Beans on toast with	Same as above	Same as above	Same as above	Same as above
Tea Dairy Free option	Chicken and salad..	Plant based cheese margarita pizza	Same as above	Hummus, cucumber pitta	Same as above
Tea Gluten Free option	Chicken with Gluten free bread	Gluten free pizza	Same as above	Gluten free pitta....	Quinoa Turkish kisir

*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 wholemeal food are included throughout the whole week.