

Summer MENU No2	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Breakfast</b>	Rice crispy, porridge and toast - kiwis Fresh milk (D) Oat milk (G) Gluten free bread	Weetabix, porridge and brown pitta bread - banana Fresh milk (D) Oat milk (G) Gluten free bread	Brown flakes, rice crispy and toast -grapes Fresh milk (D) Oat milk (G) Gluten free bread	Brown pitta bread, corn flakes and Weetabix - kiwi Fresh milk (D) Oat milk (G) Gluten free bread	Porridge, brown flakes, and bagels -grapes Fresh milk (D) Oat milk (G) Gluten free bread
<b>Am snack</b>	Breadsticks (G) Gluten free breadsticks	melon & kiwis	Rice cakes (G) Gluten free oat/rice cakes	Kiwis & banana	Breadsticks (G) Gluten free breadsticks
 <b>Lunch</b> <b>Pudding</b>	*Fish in white sauce with spinach, broccoli, and rice. *Homemade cocoa sauce with banana	*Lentil baked brown pasta in tomato sauce with carrots *Fruit cake with homemade custard	*Baked Cod with mash potato and cauliflower *Greek yoghurt with peach	*Beef goulash with couscous and mixed vegetables *Homemade banana Ice cream	*Chicken tikka Masala With bulgur and peas and carrots *Frozen yougurt with homemade marmalade
<b>Vegetarian option</b>	Butter beans in white sauce	Same as above	Lentil dahl With potato..	Mixed beans goulash..	Chickpeas masala .....
<b>Vegan option</b>	Butter beans in white sauce	Same as above	Lentil dahl with potato	Mixed beans goulash..	Chickpeas masala .....
<b>Pescatarian Option</b>	Fish in white sauce	Same as above	Baked Cod with....	Mixed beans goulash..	Chickpeas masala .....
<b>Diary Free</b>	Oat milk in white sauce	Oat milk in cake(L)	Coconut yoghurt (p)	Oat milk ice cream	Frozen coco yogurt...
<b>Gluten Free</b>	Same as above	Gluten free pasta(L) Gluten free cake (P)	Same as above	Beef goulash with quinoa	Chicken tikka with rice..
<b>Pm snack</b>	melon & grapes	Cream Crackers (G) Gluten free crackers	Avocado & melon	Oat Cakes	Banana & melon
 <b>Tea</b> <b>Pudding</b>	*Humus sandwiches with slice tomato and celery sticks *3 Seasonal fruit platter	*Jacked potato with cheese and beans, and cucumber sticks *3 Seasonal fruit platter	*Chicken macaroni pasta and sweetcorn *3 Seasonal fruit platter	*Chickpeas rice and side carrot sticks *3 Seasonal fruit platter	*Fish fingers with sweet potato and peas *3 Seasonal fruit platter
<b>Vegetarian option</b>	Same as above	Same as above	Borlotti beans pasta...	Same as above	Vegetarian fingers...
<b>Vegan option</b>	Same as above	Jacket potato with beans..	Borlotti beans pasta...	Same as above	Vegetarian fingers...
<b>Pescatarian Option</b>	Same as above	Same as above	Borlotti beans pasta..	Same as above	Fish fingers with sweet ....
<b>Dairy Free</b>	Same as above	Jacket potato with beans.	Same as above	Same as above	Same as above
<b>Gluten Free</b>	Gluten free bread	Same as above	Gluten free pasta	Same as above	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 wholemeal food are included throughout the whole week.