

Autumn MENU No 1	Monday	Tuesday	Wednesday	Thursday	Friday
 Breakfast	Rice crispies, porridge and toast -Pear Fresh milk (D) Oat milk (G) Gluten free bread	Weetabix, porridge and brown pitta bread -Apple Fresh milk (D) Oat milk (G) Gluten free bread	Brown flakes, rice crispies and toast -Plum Fresh milk (D) Oat milk (G) Gluten free bread	Brown pitta bread, corn flakes and Weetabix - Banana Fresh milk (D) Oat milk (G) Gluten free bread	Porridge, brown flakes, and toast -Apple Fresh milk (D) Oat milk (G) Gluten free bread
Am snack	Bananas & apples	Cream crackers (G) Gluten free crackers	Pear & banana	Oat cakes (G) Gluten free oat/rice cakes	Plums & oranges
 Lunch	*Chicken Korma with mixed veg. sauce, rice, and broccoli	*Salmon in tomato sauce with sweet potato mash and peas	*Cheese and lentil quiche with baked beans	*Beef Chili con carne, brown bulgur, and cabbage	*Butter beans, spinach stew with sweetcorn and couscous
Pudding	*Greek yoghurt & apple	*Homemade custard with fruit crumble	*Semolina	*Rice pudding	*Quinoa cake with Cocoa sauce.
Vegetarian option	Butter beans Korma...	Lentils in tomato sauce with sweet potato mash and green peas	Same as above	Chili con carne from red kidney beans	Same as above
Dairy Free Option	Koko yoghurt	Oat milk custard	Lentil quiche	Oat milk semolina	Oat milk cocoa sauce, quinoa cake
Gluten Free Option	Same as above	Gluten free crumble	Gluten free quiche	Potato chili con carne	Same as above
Pm snack	Breadsticks (G) Gluten free breadsticks	Plums & pear	Rice Cakes (G) Gluten free oat/rice cakes	Apples and Pear	Bread Sticks (G) Gluten free breadsticks
 Tea	*Mixed vegetables and chickpeas stew with bread.	*Cheese sandwiches and coleslaw	*Chicken rice with stir-fry vegetables	*Tuna and sweetcorn sandwiches with carrot sticks	*Homemade sweetcorn, mushroom, cheese pizza sticks
Pudding	*3 Seasonal fruit platter	*3 Seasonal fruit platter	*3 Seasonal fruit platter	*3 Seasonal fruit platter	*3 Seasonal fruit platter
Vegetarian option	Same as above	Same as above	Rice with stir fry vegetables, red kidney beans	Cheese and tomato sandwiches with carrot sticks	Same as above
Dairy Free Option	Same as above	Hummus sandwiches	Same as above	Tuna sandwiches	Same as above
Gluten Free Option	Gluten free bread	Gluten free bread	Same as above	Gluten free bread	Gluten free pizza base

*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.