




Summer MENU No 1	Monday	Tuesday	Wednesday	Thursday	Friday
 Breakfast	Rice crispy, porridge and toast – apricots 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 -Apple Fresh milk (D) Oat milk (G) Gluten free bread	Brown pitta bread, cornflakes, and Weetabix - banana Fresh milk(D) Oat milk (G) Gluten free bread	Porridge, brown cornflakes, and bagel - apple Fresh milk (D) Oat milk (G) Gluten free bread
Am snack	Bananas & watermelon	Cream crackers (G) Gluten free crackers	Watermelon & banana	Oat cakes (G) Gluten free oat/rice cakes	banana & Apricots
 Lunch Pudding	*Lamb stew with veg & couscous * Greek yoghurt & berries	*Beef lasagna with cauliflower *Jelly with apples	* White fish pie with broccoli & mix veg *Homemade berries milkshake	*Mushroom, spinach, and cheese baked pasta *Homemade sugar free banana ice cream	*Turkey ,mix veg casserole and rice * Quinoa cake with fruits
Vegetarian option	Lentil stew couscous	Red kidney bean lasagna	Chickpea Pie with....	Same as above....	Butterbeans casserole ..
Vegan option	Lentil stew couscous	Red kidney bean lasagna	Chickpea Pie with....	Lentil,mushroom,spinach pasta	Butterbeans casserole ..
Pescatarian option	Lentil stew couscous	Red kidney bean lasagna	White fish pie ...	Same as above	Butterbeans casserole ..
Dairy Free	Same as above (L) Coconut yoghurt(p)	Same as above	Oat milk milkshake	Lentil,mushroom,spinach pasta(L) oat milk ice cream	Same as above Oat milk in cake (P)
Lunch Gluten Free	Lamb stew with rice	Gluten free lasagna	Same as above	Gluten free pasta	Same as above
Pm snack	Breadsticks (G) Gluten free breadsticks	Apricot & Apple	Rice Cakes (G) Gluten free oat/rice cakes	Apple & watermelon	Breadsticks (G) Gluten free breadsticks
 Tea Pudding	*Homemade pizza with peppers, sweetcorn, and mushrooms,cheese *3 Seasonal fruit platter	*Tuna and sweetcorn sandwiches with cucumber sticks *3 Seasonal fruit platter	* Turkish Couscous ,with chickpea(KISIR) and salad *3 Seasonal fruit platter	*Potato salad with red kidney beans and fresh green herbs *3 Seasonal fruit platter	*Homemade Halloumi and olive pastry *3 Seasonal fruit platter
Vegetarian option	Same as above	Humus and salad sandwiches	Same as above	Same as above	Same as above
Vegan option	Same as above	Humus and salad...	Same as above	Same as above	Same as above
Pescatarian option	Same as above	Tuna and sweetcorn...	Same as above	Same as above	Same as above
Dairy Free	Dairy free cheese	Same as above	Same as above	Same as above	Lentil quinoa kofta
Tea Gluten Free	Gluten free flour	Gluten free bread	Quiona KISIR ...	Same as above	Lentil quinoa kofta

*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.