




Winter MENU No 2	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Breakfast</b>	Rice crispy, porridge and toast -Plums Fresh milk (D) Oat milk (G) Gluten free bread	Weetabix, porridge and brown pitta bread -Apples Fresh milk (D) Oat milk (G) Gluten free bread	Brown flakes, rice crispy and toast -Pear 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 -Oranges Fresh milk (D) Oat milk (G) Gluten free bread
<b>Am snack</b>	breadsticks	Plums & Oranges	Rice cakes	Oranges & melon	Breadsticks
 <b>Lunch</b> <b>Pudding</b>	*Mixed beans goulash with bulgur  *Rice pudding	Beef Curry with rice and side vegetable  *Greek yogurt with berries	*Green Lentil &vegetable lasagna  *Semolina with berries	*Chicken and brown pasta with sweetcorn and peas  *Creamy cinnamon quinoa pudding	*Baked cod with sweet potato and green beans  * Carrot cake with homemade custard
<b>Vegetarian</b>	Same as above	Chickpeas curry and rice	Same as above	Lentil pasta with sweetcorn....	Pulses casserole with sweat potato
<b>Dairy Free</b>	Oat milk rice pudding	Coconut yoghurt (P)	Oat milk semolina (P)	Oat milk pudding (P)	Oat milk cake and custard (P)
<b>Gluten Free</b>	Mixed beans goulash with rice	Same as above	Gluten free lasagna	Gluten free pasta	Same as above(L) Gluten free cake (P)
<b>Pescatarian</b>	Same as above	Same as above	Same as above	Chickpea pasta	Same as above
<b>Vegan</b>	Same as above Oat milk rice (P)	Chickpea curry (L) Coconut yoghurt (P)	Same as above (L) Oat milk semolina (P)	Chickpea pasta (L) Oat milk pudding (P)	Pulses casserole Oat milk custard and cake (P)
<b>Pm snack</b>	Banana & apples	Cream Crackers	Avocado & Apples	Oat Cakes	Plums & banana
 <b>Tea</b> <b>Pudding</b>	* Cheese sandwiches with cucumber sticks  *3 Seasonal fruit platter	*Hummus sandwiches and cherry tomatoes  *3 Seasonal fruit platter	* Chicken noddle, sweetcorn soup  *3 Seasonal fruit platter	*Beans and cheese on jacket potato  *3 Seasonal fruit platter	*Macaroni cheese, side carrot sticks  *3 Seasonal fruit platter
<b>Vegetarian</b>	Same as above	Same as above	Mix veg's and butterbean noodle soup	Same as above	Same as above
<b>Dairy Free</b>	Beans on toast	Same as above	Same as above	Beans on toast	Red lentil macaroni
<b>Gluten Free</b>	Gluten free bread	Gluten free bread	Rice noodle soup	Gluten free toast	Gluten free pasta
<b>Pescatarian</b>	Same as above	Same as above	Mix veg's, butterbeans noodle soup	Same as above	Same as above
<b>Vegan</b>	Beans on toast	Same as above	Mix veg's, butterbean noodle soup	Beans on toast	Red lentil macaroni

\*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.

