

Summer MENU No 3		Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Breakfast</b>	Rice crispy, porridge and toast -apples Fresh milk (D) Oat milk (G) Gluten free bread	Weetabix, porridge and brown pitta bread -grapes Fresh milk (D) Oat milk (G) Gluten free bread	Brown flakes, rice crispy and toast - banana Fresh milk (D) Oat milk (G) Gluten free bread	Brown pitta bread, corn flakes and Weetabix - apples Fresh milk (D) Oat milk (G) Gluten free bread	Porridge, brown flakes, and toast -nectarine Fresh milk (D) Oat milk (G) Gluten free bread
	<b>Am snack</b>	Bananas & watermelon	Cream crackers (G) Gluten free crackers	Avocado & nectarines	Oat cakes (G) Gluten free oat/rice cakes	Apples & watermelon
	<b>Lunch</b>	* Brown pasta Bolognese with lentil and mixed veg	*Baked Salmon with creamy lemon and dill sauce and sweet potato mash	*Beef stew with quinoa and green beans	*Chicken Korma with rice and mixed veg	*Breaded white fish and baked chips, peas in hollandaise sauce
	<b>Pudding</b>	*Semolina with dates	*Frozen yogurt with banana	*Jelly with apple	*Ice cream with watermelon	*Rice pudding
	<b>Vegetarian option</b>	Lentil pasta	Broadbean and mushroom risotto	*Red kidney beans stew	Butter beans	Red kidney risotto with peas
	<b>Dairy Free</b>	Oat milk semolina	Coconut yoghurt	Same as above	Same as above	L: Oat milk hollandaise sauce P: Oat milk rice pudding
	<b>Gluten Free</b>	Gluten free pasta	Same as above	Same as above	Same as above	Same as above
	<b>Pm snack</b>	Breadsticks (G) Gluten free breadsticks	banana & watermelon	Rice Cakes (G) Gluten free oat/rice cakes	Watermelon	Bread Sticks (G) Gluten free breadsticks
	<b>Tea</b>	*Pita with soft cheese and cucumber sticks	*Jacket potato with baked beans with green salad	Homemade olive and halloumi pastry	*Spanish Pisto beans in tomato sauce with bulgar	*Lentil pasta salad
	<b>Pudding</b>	*3 Seasonal fruit platter	*3 Seasonal fruit platter	*3 Seasonal fruit platter	*3 Seasonal fruit platter	*3 Seasonal fruit platter
	<b>Vegetarian option</b>	Same as above	Same as above	Same as above	Same as above	Same as above
	<b>Dairy Free</b>	Pita with humous	Same as above	Olive pastry	Spanish Pisto beans in tomato sauce with quinoa	Same as above
	<b>Gluten Free</b>	Gluten free sandwiches	Same as above	Gluten free flour	Same as above	Gluten free pasta

\*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.