

Spring MENU No 1	Monday	Tuesday	Wednesday	Thursday	Friday
 Breakfast	Cereal/Porridge/Toast Fresh milk (D) Oat milk (G) Gluten free bread	Cereal/Porridge/Toast Fresh milk (D) Oat milk (G) Gluten free bread	Cereal/Porridge/Toast Fresh milk (D) Oat milk (G) Gluten free bread	Cereal/Porridge/Toast Fresh milk (D) Oat milk (G) Gluten free bread	Cereal/Porridge/Toast Fresh milk (D) Oat milk (G) Gluten free bread
Am snack	Bananas & Melon	Cream crackers (G) Gluten free crackers	Berries & banana	Oat cakes (G) Gluten free oat/rice cakes	Oranges & Apples
 Lunch Pudding	*Chicken with mixed vegetable and couscous *Berries with Greek yoghurt.	*jacket potato with cheese and beans and side salad *Jelly with apples	*Meatballs in spicy tomato sauce, rice and green salad *Rice pudding	*Brown tuna pasta with sweetcorn and tomato sauce *Black Forest Fruits Smoothies	*Colombian green lentil stew with parsley, carrot and potato *Banana Cake (G) Gluten free flour
Vegetarian option	Cous Cous, butter beans and mixed vegetables	Same as above	Lentils in spicy tomato sauce, rice, and green salad	Black eye beans, sweetcorn and pasta in tomato sauce	Same as above
Diary Free option	Koko yogurt	Same as above	P) Oak milk rice pudding	Oat milk smoothie	Oat milk in cake
Pescatarian	Same as vegetarian option	Same as above	Same as vegetarian	Brown tuna pasta	Same as above
Vegan	Same as vegetarian option	Jacket Potato with beans ...	Same as vegetarian	Black eye beans	Same as above
Gluten Free option	Chicken with mixed veg and quinoa	Same as above	Same as above	Gluten free pasta	L)Same as above P) Gluten free flour
Pm snack	Breadsticks (G) Gluten free breadsticks	Apples & Melon	Rice Cakes (G) Gluten free oat/rice cakes	Apple & oranges	Breadsticks (G) Gluten free breadsticks
 Tea Pudding	*Chickpea stew served with pitta bread *3 Seasonal fruit platter	*Humus sandwiches and carrots sticks *3 Seasonal fruit platter	*Fish fingers with chips and cucumber *3 Seasonal fruit platter	*Lentil dhal and pita bread. *3 Seasonal fruit platter	*Chickpea rice and cucumber *3 Seasonal fruit platter
Vegetarian option	Same as above	Same as above	Baked beans with chips and cucumber.	Same as above	Same as above
Pescatarian	Same as above	Same as above	Fish fingers with chips	Same as above	Same as above
Vegan	Same as above	Same as above	Baked beans with chips	Same as above	Same as above
Diary Free option	Same as above	Same as above	Same as above	Same as above	Same as above
Gluten Free option	Gluten free Pitta bread...	Gluten free sandwich bread	Same as above	gluten free pita bread.	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.