

Spring MENU No 2	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Breakfast</b>	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
<b>Am snack</b>	Breadsticks (G) Gluten free breadsticks	Kiwi & Apricots	Rice cakes	Kiwis & melon	Breadsticks (G) Gluten free breadsticks
 <b>Lunch</b> <b>Pudding</b>	*Chicken casserole in tomato and pepper sauce with bulgur, cauliflower  *Rice pudding	*Lentil and mixed vegetable lasagna, green salad  *Greek yoghurt with peaches.	*Baked Cod in tomato sauce, sweet potato mash and green beans  *Semolina with berries	*Homemade beef sausages in mixed peppers sauce with rice, peas  *Milk and cinnamon Quinoa pudding	*Brown pasta with cheese sauce and spinach, cauliflower  *Lemon cake
<b>Vegan Option</b>	Mixed pulses casserole	Same as above	Mushroom and beans in sauce	Chickpea curry..	Red kidney bean pasta ....
<b>Pescatarian Option</b>	Mixed pulses casserole	Same as above	Baked cod .....	Chickpea curry..	Red kidney bean pasta...
<b>Vegetarian option</b>	Mixed pulses casserole	Same as above	Mushroom and bean in sauce	Chickpea curry...	Same as above
<b>Diary Free option</b>	p)Oat milk rice pudding	P)Koko yoghurt	p) Oat milk semolina with berries	p)Oat milk quinoa pudding	P) Lemon cake with oat milk L)Red kidney bean pasta.
<b>Gluten Free option</b>	Chicken casserole ...with rice	gluten free lasagna/pasta	L)same as above P) vanilla pudding / berries	L)Same as above P)Same as above	L)Gluten free pasta ,cheese... P)gluten free flour
<b>Pm snack</b>	Banana & Kiwi	Cream Crackers	Avocado & apples	Oat Cakes (G) Gluten free oat/rice cake	Banana & Kiwis
 <b>Tea</b> <b>Pudding</b>	*Humus sandwiches with cucumber sticks  *3 Seasonal fruit platter	*Broad bean, mix vegetable quinoa.  *3 Seasonal fruit platter	*Chicken mayo sandwiches and salad.  *3 Seasonal fruit platter	*Jacket potato, cucumber and baked beans.  *3 Seasonal fruit platter	*Moroccan couscous with chickpeas and fresh herbs.  *3 Seasonal fruit platter
<b>Vegetarian option</b>	Same as above	Same as above	Mixed beans burger and salad.	Same as above	Same as above
<b>Diary Free option</b>	Same as above	Same as above	Chicken dairy free mayo sandwiches and salad.	Same as above	Same as above
<b>Gluten Free option</b>	Gluten free humus sandwiches and carrots sticks	Same as above	Chicken mayo with gluten free bread sandwiches and salad.	Same as above	Quinoa with chickpeas and fresh herbs.
<b>Vegan Option</b>	Same as above	Same as above	Mixed beans burger and salad.	Same as above	Moroccan couscous with chickpeas and fresh herbs.
<b>Pescatarian Option</b>	Same as above	Same as above	Mixed beans burger and salad.	Same as above	Moroccan couscous with chickpeas and fresh herbs.

\*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.