

Summer MENU No 4	Monday	Tuesday	Wednesday	Thursday	Friday
 Breakfast	Rice crispy, porridge and toast -Apples Fresh milk (D) Oat milk (G) Gluten free bread	Weetabix, porridge and brown bagels -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 bagels, corn flakes and Weetabix -grapes Fresh milk (D) Oat milk (G) Gluten free bread	Porridge, brown flakes, and toast -Apples Fresh milk (D) Oat milk (G) Gluten free bread
Am snack	Breadsticks (G) Gluten free breadsticks	Kiwis & melon	Rice cakes (G) Gluten free oat/rice cakes	Apples and pineapple	Breadsticks (G) Gluten free breadsticks
 Lunch	Brown pasta with tuna, spinach, and sweetcorn	Beef and vegetable casserole with boiled potato and green beans	Charmaine quinoa with red kidney beans and stir-fried vegetables	Chicken curry with rice and broccoli	Salmon in white sauce, side sweet potato with green beans
 pudding	Greek yoghurt & melon	Fruit jelly	Ice cream with melon (D) Oat milk ice cream	Frozen yogurt with apple	Banana milkshake
Vegetarian option	Mixed beans & veg casserole	Lentil and veg casserole boiled potato	*Same as above	Butter bean curry	Same as above
Dairy Free	Coconut yoghurt	Same as above	Same as above	Coconut frozen yoghurt	Oat milk white sauce Oat milk milkshake
Gluten Free	Gluten free pasta	Same as above	Same as above	Same as above	Same as above
Pm snack	Banana & melon	Cream Crackers (G) Gluten free crackers	Grapes & Kiwis	Oat Cakes (G) Gluten free oat/rice cakes	Grapes & pineapple
 Tea	Brown pitta bread with humus, cucumber, and tomato	Chickpea couscous salad	Chicken sandwiches with salad	Baked fish fingers with side potato with peas	Homemade pizza with cheese, tomato, pepper, and sweetcorn
 pudding	3 Seasonal fruit platters	3 Seasonal fruit platters	3 Seasonal fruit platters	3 Seasonal fruit platters	3 Seasonal fruit platters
Vegetarian option	Same as above	Same as above	Red kidney beans with salad	Vegetable fingers	Same as above
Dairy Free	Same as above	Same as above	Same as above	Same as above	Dairy free cheese
Gluten Free	Gluten free pitta bread	Steamed chickpea, brown rice, and salad	Gluten free sandwiches	Same as above	Gluten free flour

*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.