

Autumn MENU No 3	Monday	Tuesday	Wednesday	Thursday	Friday
 Breakfast	Rice crispys, porridge and toast- Apples Fresh milk (D) Oat milk (G) Gluten free bread	Weetabix, porridge and brown pitta bread-Oranges Fresh milk (D) Oat milk (G) Gluten free bread	Brown flakes, rice crisps and toast-banana Fresh milk (D) Oat milk (G) Gluten free bread	Brown pitta bread, corn flakes and Weetabix- Grapes Fresh milk (D) Oat milk (G) Gluten free bread	Porridge, brown flakes, and toast-Apple Fresh milk (D) Oat milk (G) Gluten free bread
Am snack	Breadsticks	Grapes & Melon	Rice cakes	Apples and Melon	Cream crackers
 Lunch	*White fish in tomato sauce with bulgur, peas, and peppers	*Beef baked brown macaroni with sweetcorn	*Chicken curry with rice and broccoli	*Mixed pulses spicy tomato sauce with couscous and green beans	*Lamb mince pie with mixed veg
 pudding	* Greek Yoghurt served with fresh banana	* Rice Pudding	*Quinoa cake with cocoa sauce	*Semolina	*Carrot cake with homemade custard
Vegetarian option	Red kidney beans in tomato sauce	Lentil baked brown macaroni	*Mix vegetables curry with chickpeas...	Same as above	Lentil pie with mixed veg
Dairy Free Option	Coconut yoghurt with banana	Oat milk rice pudding	Oat milk	Oat milk semolina	Oat milk custard
Gluten Free Option	Greek Yoghurt served with fresh bananas	Gluten free pasta	Gluten free flour	Rice pudding	Gluten free flour
Pm snack	Banana & Grapes	Cream Crackers	Oranges & Banana	Oat Cakes	Melon & Oranges
 Tea	*Cheese sandwiches with tomatoes and pepper sticks	Potato salad with lettuce, cucumber, and red kidney beans	*Lentil pasta with mixed veg	*Tuna and sweetcorn sandwiches with green salad	*Home made mushroom, sweetcorn cheese, pasta salad
 pudding	*3 Seasonal fruit platter	*3 Seasonal fruit platter	*3 Seasonal fruit platter	*3 Seasonal fruit platter	*3 Seasonal fruit platter
Vegetarian option	Same as above	Same as above	Same as above	Baked beans on toast with side cucumber	Potato & Red kidney beans salad
Dairy Free Option	Hummus sandwiches	Same as above	Same as above	Same as above	Dairy free cheese
Gluten Free Option	Cheese sandwiches	Same as above	Gluten free pasta	Gluten free bread tuna sandwiches side cucumber	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.