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| --- | --- | --- | --- | --- | --- |
| **WEEK ONE** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | **Selection of Weetabix, Shreddies or Rice Krispies(G)** | **Selection of Weetabix, Shreddies or Rice Krispies(G)** | **Selection of Weetabix, Shreddies or Rice Krispies(G)** | **Selection of Weetabix, Shreddies or Rice Krispies(G)** | **Selection of Weetabix, Shreddies or Rice Krispies(G)** |
| **Morning Snack** | **Mango & apple** | **watermelon & pear** | **Apple & Clementine** | **Pineapple & melon** | **Apple & grape** |
| **Lunch** | **Chicken pad thai**  **(G, SO)** | **Mixed bean & tomato chilli served with rice**  **(C)** | **Cod & chorizo stew served with mash potato & peas**  **(F, C)** | **Karaage stir fried rice**  **Served with baked broccoli**  **(SO, E, G)** | **Beef and veg stew served with potato wedges**  **(C, G)** |
| **Dessert** | **Polish Karpatka cake**  **(E, M, G)** | **Fruit salad** | **Banana parfait**  **(E, M)** | **Fruit salad** | **Coconut sorbet** |
| **Afternoon Snack** | **Biscuits and raisins**  **(G)** | **Sundried tomato & olives breadsticks**  **(G)** | **Berry & yoghurt bowl**  **(M)** | **Organic rice cakes** | **Melon and coconut yoghurt** |
| **Tea** | **Greek tomato fritter**  **(G, M, E)** | **Beef steak and beetroot focaccia**  **(G)** | **Tomato and basil pasta**  **(G, C)** | **Winter vegetable barley soup & bread**  **(G, C)** | **Sweet potato & chickpea burgers**  **(L, G)** |

**Allergens listed**

Celery (c) EGGS (E) MILK (M) NUTS\* (N) SOYA (SO)

GLUTEN (G) FISH (F) MOLLUSCS (MO) PEANUTS\* (P) SULPHITES (SU)

CRUSTACIANS (CR) LUPIN (L) MUSTARD (MU) SEASAME\* (S)

PLEASE NOTE: \* WE ARE A NUT, PEANUT AND SEASAME SEED FREE NURSERY

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| **WEEK TWO** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | **Selection of Weetabix, Shreddies or Rice Krispies(G)** | **Selection of Weetabix, Shreddies or Rice Krispies(G)** | **Selection of Weetabix, Shreddies or Rice Krispies(G)** | **Selection of Weetabix, Shreddies or Rice Krispies(G)** | **Selection of Weetabix, Shreddies or Rice Krispies(G)** |
| **Morning Snack** | **Apple and melon** | **Pear and banana** | **Watermelon and clementine** | **Apple and mango** | **Pear and grape** |
| **Lunch** | **Beef ragu & pasta**  **(G, C)** | **Chicken pulao**  **(M)** | **Curried tomato & coconut Lentils served with couscous** | **Vegetable pad thai** | **Chicken and mushroom orzo**  **(C)** |
| **Dessert** | **Pineapple upside down cake**  **(M, E, G)** | **Mixed fruit salad** | **Beetroot brownies**  **(M, E, G)** | **Mixed fruit salad** | **Mango sticky rice** |
| **Afternoon Snack** | **Crudites & dried pineapple** | **Rice cakes and raisins** | **Pineapple and apple** | **Tortilla crisps** | **Melon and coconut yoghurt** |
| **Tea** | **Chicken sausage calzone**  **(G)** | **Beetroot and red onion tart**  (G) | **Potato leek and cauliflower soup**  **(C, G)** | **Chicken and tomato focaccia**  **(G)** | **Zucchi & sweet potato slice**  **(E, G)** |

**Allergens listed**

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GLUTEN (G) FISH (F) MOLLUSCS (MO) PEANUTS\* (P) SULPHITES (SU)

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| --- | --- | --- | --- | --- | --- |
| **WEEK THREE** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | **Selection of Weetabix, Shreddies or Rice Krispies(G)** | **Selection of Weetabix, Shreddies or Rice Krispies(G)** | **Selection of Weetabix, Shreddies or Rice Krispies(G)** | **Selection of Weetabix, Shreddies or Rice Krispies(G)** | **Selection of Weetabix, Shreddies or Rice Krispies(G)** |
| **Morning Snack** | **Melon and pear** | **Apple and mango** | **Watermelon and banana** | **Pear and pineapple** | **Apple and pear** |
| **Lunch** | **Mandras chicken curry**  **(C)** | **Beef teriyaki fried rice**  **(SO)** | **Perian fish stew served with couscous**  **(G)** | **Dahl and rice** | **Danish meatballs served on a bed of pasta**  **(M, E)** |
| **Dessert** | **Tres leches cake**  **(M, G, E)** | **Mixed fruit salad** | **Frozen banana parfait**  **(M, E)** | **Mixed fruit salad** | **Chocolate cake**  **(M, G, E)** |
| **Afternoon Snack** | **Baked tortilla chips**  **(G)** | **Cinnamon roasted chickepas** | **Melon and coconut yoghurt** | **Carrot & parsley breadsticks**  **(G)** | **Crudités and hummus** |
| **Tea** | **Tomato and basil pasta**  **(G)** | **Spicy chickpea kofta sandwhich**  **(G)** | **curried carrot & coconut**  **Soup with homemade bread**  **(G)** | **Pumpkin fritters**  **(M, E, G)** | **Sausage and caramelised onion roll**  **(G)** |

**Allergens listed**

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| **WEEK FOUR** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | **Selection of Weetabix, Shreddies or Rice Krispies(G)** | **Selection of Weetabix, Shreddies or Rice Krispies(G)** | **Selection of Weetabix, Shreddies or Rice Krispies(G)** | **Selection of Weetabix, Shreddies or Rice Krispies(G)** | **Selection of Weetabix, Shreddies or Rice Krispies(G)** |
| **Morning Snack** | **Apple and melon** | **Pear and mango** | **Apple and pineapple** | **Melon and banana** | **Pear and plums** |
| **Lunch** | **Butter chicken**  **(M, C)** | **Tomato and roasted veg risotto** | **Fried chicken, sweet chilli sauce and potato wedges**  **(G, M)** | **Chilli con carne served with coriander rice**  **(C)** | **Garlic mushroom pappardelle**  **(G)** |
| **Dessert** | **Baked churros**  **(M, E, G)** | **Mixed fruit salad** | **Raspberry frozen yoghurt**  **(M)** | **Mixed fruit salad** | **Pineapple coconut muffins**  **(M, E, G)** |
| **Afternoon Snack** | **Crudités and dried fruit** | **Homemade rosemary and parmesan crackers**  **(M, G)** | **Pear and banana** | **Tex-mex cheese on toast**  **(G, M)** | **Melon and coconut yoghurt** |
| **Tea** | **Ratatouille pies**  **(G)** | **Turkey and caramelised onion sandwiches**  **(G)** | **Cream of roasted fennel**  **(G)** | **Paratha potato calzone**  **(G)** | **Homemade pizza**  **(G, C)** |

**Allergens listed**

Celery (c) EGGS (E) MILK (M) NUTS\* (N) SOYA (SO)

GLUTEN (G) FISH (F) MOLLUSCS (MO) PEANUTS\* (P) SULPHITES (SU)

CRUSTACIANS (CR) LUPIN (L) MUSTARD (MU) SEASAME\* (S)

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