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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**

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

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

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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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