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| **WEEK ONE** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies(G)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies(G)****Egg soldiers****(E, G)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies(G)****Buttermilk pancakes****(M, E, G)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies(G)****Coconut, blue berry & chia seeds porridge** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies(G)****Roast veggie hash****(E, M)** |
| **Morning Snack** | **Apple & pear** | **Mango & pear**  | **Papaya & banana** | **Banana & clementine** | **Pear & melon** |
| **Lunch** | **Chicken enchiladas served with Mexican sweetcorn bake****(C, G)** | **Battered fish & baked sweet potato served with tartar sauce****(G, F)** | **Sweet potato, chickpea & spinach coconut curry served with brown rice** | **Tagliatelle beef ragu** **(G, E)** | **Grilled BBQ chicken jollof rice & green pepper & avocado salsa****(SO)** |
| **Dessert** | **Pumpkin pudding muffins****(M, E)** | **Mixed fruit salad** | **Pineapple upside down cake****(M, E, G)** | **Mixed fruit salad** | **Mango sorbet** |
| **Afternoon Snack** | **Watermelon & mango** | **Greek carrot & parsley breadsticks****(G)** | **Apple & grape** | **Organic rice cakes & raisins** | **Pineapple & apple** |
| **Tea** | **Winter vegetable gnocchi bake****(G)** | **Tomato & Parma ham tart****(G, M)** | **Cheese stuffed potato cakes served with tomato salsa****(M, G)** | **Spiced carrot & coconut****Soup with homemade bread****(G)** | **Sweet potato and chorizo pizza****(G, M)** |

**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, Ready Brek Porridge or Rice Krispies** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies****Baked cheddar eggs & potatoes****(M, E)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies****Vegetable breakfast tart****(G, M, E)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies****Egg soldiers****(E, G)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies****Buttermilk, smoked salmon & spinach frittata****(F, M, E)** |
| **Morning Snack** | **Pear & plum** | **Apple & clementine**  | **Papaya & melon** | **Pear & watermelon** | **Apple & blueberries** |
| **Lunch** | **Lamb kebab served with khichdi & yoghurt** | **Spiced mixed zucchini bake served with pilaf rice** **(G, M)** | **Cherry tomato & salmon risotto served with green beans****(F)** | **Gochujang beef stew served with brown rice and roasted cauliflower****(SO)** | **Chicken schnitzel, roasted potatoes & jaeger sauce****(G, E, M)** |
| **Dessert** | **Red velvet cupcakes****(M, E, G)** | **Mixed fruit salad** | **Marble sponge cake****(G, M, E)** | **Mixed fruit salad** | **Strawberry cheesecake****(M, G)** |
| **Afternoon Snack** | **Pineapple & mango** | **Baked tortilla chips****(G)** | **Banana & clementine** | **Wholegrain crackers & dried cranberries****(G)** | **Grape & apple** |
| **Tea** | **Thai veggie burgers** **(SO, G)** | **Feta & spinach calzone****(M, G, E)** | **Beetroot & carrot soup served with homemade bread****(C, G)** | **Pastrami focaccia club** **(G)** | **Pulled pork brioche buns****(G, E)** |

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| **WEEK THREE** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies****Ham & cheese croissants****(M, E, G)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies****Coconut pancakes** **(E, G)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies****Shakshuka****(E)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies****Egg soldiers****(E, G)** |
| **Morning Snack** | **Apple and grape** | **Banana & clementine** | **Pear & papaya** | **Pineapple & apple** | **Mango & melon** |
| **Lunch** | **Spanish style lamb shank served with cheese mash potato and peas****(M)** | **Chicken basquaise served with spiced bulgur****(C, G)** | **Pasta puttanesca** **(G)** | **Peri peri grilled salmon served with broccoli & baked baby potatoes****(F)** | **Beef rendang served with turmeric rice****(C)** |
| **Dessert** | **Shortbread****(G, M)** | **Mixed fruit salad** | **Chocolate chip ice cream****(M, E)** | **Mixed fruit salad** | **Banana, blueberry & coconut sponge cake****(G, E)** |
| **Afternoon Snack** | **Organic rice cakes & mixed dried fruit** | **Homemade rosemary breadsticks****(G)** | **Watermelon & mango** | **Crudites & raisins** | **Watermelon & banana** |
| **Tea** | **Butternut squashed baked pasta****(G, C, M)** | **Greek quesadillas****(G, M)** | **Samosa inspired jacket potato** | **BBQ chicken & sweetcorn pizza****(G, M)** | **Black bean soup served with homemade bread****(G)** |

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| **WEEK FOUR** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies****Egg soldiers****(E, G)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies****Banana-berry smoothie** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies****French toast****(E, M, G)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies****Cheese dang bing****(E, G, M, SO)** |
| **Morning Snack** | **Melon & pear** | **Apple & mango** | **Pineapple & pear** | **Clementine & watermelon** | **Papaya & apple** |
| **Lunch** | **Estofado de pollo served with saffron rice****(C)** | **Enchilada orzo bake served with guacamole****(G, M)** | **Capers & dill crusted cod, patatas bravas & kale****(F, G)** | **Pollo cacciatore served on a bed of pasta****(G)** | **Short rib beef adobo served with basmati rice****(SO)** |
| **Dessert** | **Apple & mixed berry crumble served with custard****(M, G, E)** | **Mixed fruit salad** | **Blue berry ice cream****(M)** | **Mixed fruit salad** | **Double chocolate chip bread pudding****(M, G, E)** |
| **Afternoon Snack** | **Crackers & mixed dried fruit****(G)** | **Baked tortilla chips****(G)** | **Banana & apple** | **Mixed vegetables crudites & raisins** | **pear & grape** |
| **Tea** | **Greek style lamb burgers****(M, G)** | **Smoked haddock fish cakes served with sour cream****(F, G)** | **Feta & sweetcorn fritters****(M, G)** | **Thai coconut & butternut squash soup served with homemade bread****(G)** | **Zucchi pasta bake****(G, M)** |

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