



## Autumn/Winter Menu 2021/22



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	Apple and melon	Pear and banana	Mango and apple	Pineapple and pear	Melon and apple
Lunch	Lamb estofado served with baked potatoes and Peas and rice (C, M)	Brazilian Salmon and spinach stew served with sweet potato wedges and bulger (M, F, C)	Roasted lemon and rosemary Chicken served with Moroccan Couscous (G, F)	Veggie Mexican rice	Homemade Linguini Bolognaise & roasted potatoes (G, E, C)
Dessert	Ginger Sponge (E, M, G)	Mixed Fruit Salad	Lemon and Courgette Loaf (E, M, G)	Minty Fruit Salad	Shortbread Biscuits (G, M)
Afternoon Snack	Pear and pineapple	Tortilla chips (G)	Melon and strawberry	Rice cakes and milk (M)	Mango and pineapple
Tea	Three Cheese Macaroni & Garlic Bread (M, G)	Three Bean Enchiladas in Ranchero Sauce (G, M, C)	Leek, Potato & Soup served with homemade bread (C)	Smoked haddock fishcakes served with pan fried sweetcorn (F, G)	Homemade pizza (G, M)

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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Morning Snack	Apple and Melon	Banana and pineapple	Pear and mango	Mandarins and blueberries	Duo of melon
Lunch	Chilli Con Carne served with Rice (C)	Indian spiced lentil pie (M)	Thai yellow chicken curry, rice and courgette (C)	Battered fish, potato wedge and tartar sauce (F, E, G)	Chicken Schnitzel served with Pasta in Tomato Sauce (G, E, C, M)
Dessert	Spiced Banana Bread (M, E)	fruit Salad	Chocolate Chip Muffins (E, M)	Fresh Fruit Salad	Oatmeal Cookies (G, E, M)
Afternoon Snack	Rice cakes and milk	Homemade carrot and parsley breadsticks (G)	Apple and melon	Biscuits and milk (G)	Pear and pineapple
Tea	Mixed vegetable Gnocchi Bake (E, G)	Sweet potato fritters served with chive sour cream (E, M)	Spiced Parsnip Soup & Homemade Bread (C, G)	Pulled pork & caramelised onion quesadilla (C, G)	Homemade Pizza (G, M, C)

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WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Morning Snack	Plum and pear	Apple and pear	Melon and apple	Bananas and pineapple	Mango and Clementine
Lunch	Sausage & Bacon Casserole served with Mash & Peas (C, M)	Harissa leg of lamb served with bulgur and roasted vegetables (M)	Coconut black bean and butternut squash curry served with rice (C, L)	Baked white fish served with Garam Masala Lentils & Sweet Potatoes (F, C)	Japanese chicken fried rice (SO)
Dessert	Classic winter berry crumble and custard (M, G)	Mixed fruit salad	Shortbread biscuits (M, G)	Mixed fruit salad	Coconut sponge cake (G, M, E)
Afternoon Snack	Apple and melon	Baked tortilla chips (G)	Pear and pineapple	Biscuits and milk (G, M)	Apple and melon
Tea	Homemade Chicken Fajitas (M, G, C)	Ham & tomato Pasta Bake (C, M, G)	Curried lentil Soup served with Naan Bread (G, C)	Black beans enchilada bake (G, M)	Homemade pizza (G, M)

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WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Morning Snack	Mango and Melon	Apple and banana	Pear and grape	Clementine and pineapple	Apple and pear
Lunch	Coconut Chicken, sweet potato & spinach Curry with basmati Rice (C)	Crusted baked hake with roasted new potatoes and Mediterranean tomato sauce (F, M, C)	Chickpea Vegetable Curry Served with homemade naan bread (G, M)	Buttermilk fried chicken served with sweet potato wedges and homemade bbq sauce (M, G, SO)	Beef Ragu served with Fresh Tagliatelle (C, E)
Dessert	German upside-down apricot cake (G, M, E)	Mixed fruit salad	Orange and carrot sponge cake (M, E, G)	Mixed fruit salad	Chocolate chip bread and butter pudding (M, E, G)
Afternoon Snack	Multi seed crackers and milk (G)	Rice cakes and milk (M)	Apple and cheddar bites	Homemade olive and parsley breadsticks (G)	Pear and melon
Tea	Feta & Sweetcorn Fritters (M, G, E)	Sweet potato and roasted red pepper soup served with homemade bread (G, C)	Ham, cheese and spinach quesadillas (M, G)	Chickpea Curry Jacket Potatoes (C)	Homemade Pizza (G, M, C)

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