

## Spring/summer menu 2019 week one

| <u>Lunch time</u> | Monday   | Tuesday                                  | Wednesday  | Thursday                              | Friday  |
|-------------------|--|--|--|---------------------------------------|---|
| Starter           | /  | Garlic bread<br>M, CG, E                 | /  | Melon slices                          | /   |
| Main course       | Sausage casserole with veg & Yorkshire puddings<br>CG, SY, C, E, M, L, N   | Lasagne with sweetcorn<br>E, M, CG, SD   | Chicken fajita's with wraps & cous cous<br>L, SY, C, E, N        | Cheese, potato & onion pie with beans | Tuna & broccoli pasta bake in a Creamy Cheese sauce |
| Vegetarian option | Quorn sausage casserole with veg & Yorkshire pudding<br>CG, SY, C, E, M, N | Quorn lasagne with sweetcorn<br>E, M, CG | Quorn chicken fajita's with wraps & cousw cous<br>L, SY, C, E, N | M, CG                                 | F, M, CG, C, N                                      |
| Dessert           | Chocolate sponge cake & custard<br>E, M, CG                                | /  | Jelly & Ice-cream<br>M   | /                                     | Strawberries smothered with angel delight<br>M      |

| <u>Tea time</u>   | Monday                         | Tuesday   | Wednesday  | Thursday  | Friday  |
|-------------------|--------------------------------|---|--|---|---|
| Starter           | /                              | Salad sticks & soft cheese dips<br>M, CG, E, MU |  | Bread sticks with garlic & herb dip<br>M, CG, E, MU             | /   |
| Main course       | Cheese & tomato Pizza<br>M, CG | A selection of sandwiches<br>M, CG, E, F        | Homemade veg soup with croutons<br>C, L, CG, SY, N | A selection of Pasta salad Ham, tuna, cheese<br>F, CG, E, M, MU | A selection of Pitta pocket & wraps with various fillings<br>E, F, CG, SY |
| Vegetarian option |                                |   |  |   |   |
| Dessert           | Melon slices                   | /   | Natural yoghurt with fresh fruit<br>M              | /   | Salad sticks & soft cheese dip<br>M, CG, E, MU, SY                        |

### Snacks

Morning snacks: CG, M, SY

A selection of cereal served with milk, fresh fruit, Toast with water or milk provided as a drink.

Afternoon snacks: M, CG, E, SY, MU

A selection of fresh fruit, vegetable or bread sticks with dips, with water or milk provided as a drink

Self service of water is available all day at the hydration stations throughout the nursery.

### Allergy codes

Egg - E, Fish - F, Nuts - N, Soya - SY, Celery - C, Peanut - PN,  
Lupin - L, Sesame seeds - SS, Milk - M, Cereals containing Gluten - CG, Crustaceans - CR, Molluscs - MO, Mustard - MU, Sulphur Dioxide - SD,

Please speak to Nina or key worker to discuss allergies.

## Spring/summer menu 2019 week Two

| <u>Lunch time</u> | Monday   | Tuesday                         | Wednesday                                | Thursday                             | Friday                                      |
|-------------------|--|---------------------------------|--|--------------------------------------|---|
| Starter           | Carrot sticks & houmous<br>SS                    | /                               | Melon slices                             | /                                    | Garlic bread<br>M,SY,CG                     |
| Main course       | Chilli & rice with pitta bread<br>C,N,M,CG,SY    | Fish cakes, mash potato & beans | Cottage pie with veg<br>SY,CG,M,N,C      | Creamy chicken pasta<br>CG,E,C,N,M   | Italian spicy meatball with rice<br>SD,M,CG |
| Vegetarian option | Vegetable chilli with pitta bread<br>C,N,M,CG,SY | F,M,E                           | Quorn cottage pie with veg<br>C,N,E,M,CG | Quorn chicken pasta<br>CG,E,C,M      | Quorn meatballs with rice<br>M,SG           |
| Dessert           | /  | Swiss roll<br>CG,M,E,SY,N       | /  | Fruit with dipping chocolate<br>M,SY | /   |

| <u>Tea time</u>   | Monday   | Tuesday                           | Wednesday   | Thursday                            | Friday   |
|-------------------|--|-----------------------------------|---|-------------------------------------|--|
| Starter           | /  | Cheese sticks & apple slices<br>M | /   | Cheese & crackers<br>M,CG,S         | /  |
| Main course       | Homemade veg soup with toasted baguettes<br>C,CG,M,N | Cheese & tomato Pizza<br>M,CG     | Ham, tuna or sweetcorn pasta salad<br>CG,M,MU,E,F | Potato croquets & spaghetti<br>CG,M | A selection of wraps & sandwiches<br>CG,S,M,E,F,SY |
| Vegetarian option |  |                                   |   |                                     |  |
| Dessert           | Savoury scones<br>CG,M,E                             | /                                 | Bread sticks with garlic & herb dip<br>CG,MU,SY,M | /                                   | Natural Yoghurt & fruit<br>M                       |

### Snacks

Morning snacks: CG, M, SY

A selection of cereal served with milk, fresh fruit, Toast with water or milk provided as a drink.

Afternoon snacks: CG,MU,SS,SY,M,E

A selection of fresh fruit, vegetable or bread sticks with dips, with water or milk provided as a drink

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CR, Molluscs - MO, Mustard - MU, Sulphur Dioxide - SD,

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## Spring/summer menu 2019 week Three

| <u>Lunch time</u> | Monday   | Tuesday  | Wednesday                                       | Thursday   | Friday   |
|-------------------|--|--|---|--|--|
| Starter           | /  | Breadsticks & houmous<br>CG, MU, SS, SY, M                   | /   | /  | Salad sticks with soft cheese dip<br>M               |
| Main course       | Macaroni cheese & broccoli bake<br><br>M, CG, C, N | Homemade potato, cheese & ham cutlets with beans<br>M, CG, E | Chicken Chasseur with potato wedges<br><br>CG,  | Fish pie with medley veg<br><br>F, M                         | Sausage, mash & beans<br><br>M, CG, SD, C, E, MU, SY |
| Vegetarian option |  | Potatoe, cheese & leak cutlets with beans<br>M, CG, E        | Quorn chicken Chasseur with potato wedges<br>CG |  | Quorn sausage, mash & beans<br><br>E, CG, M          |
| Dessert           | Jam tarts with whipped cream                       | /  | Homemade cookies<br>CG, M, SY                   | Bananas wrapped in panCakes with chocolate sauce<br>M, CG, E | /  |

| <u>Tea time</u>   | Monday   | Tuesday   | Wednesday                                       | Thursday                                    | Friday                                 |
|-------------------|--|---|---|---|--|
| Starter           | Cheese sticks & Apple slices<br>M                                      | /   | Breadsticks & Dips<br>E, M, CG, MU, SY          | /   |  |
| Main course       | A selection of Ham, chicken & cheese sandwiches<br>CG, M, E, MU, F, SY | Tuna, Ham or sweetcorn Pasta salad<br><br>F, CG, E, MU, M | Cheese & tomato Pitta pocket Pizza<br><br>M, CG | Homemade veg soup with croutons<br><br>C, N | Quiche cups with salad<br><br>E, M, CG |
| Vegetarian option |  |   |   |   |  |
| Dessert           | /  | Savoury scones<br><br>CG, M, E                            | /   | Cheese & crackers<br>M, CG                  | Fruit salad                            |

### Snacks

Morning snacks: CG, M, SY

A selection of cereal served with milk, fresh fruit, Toast with water or milk provided as a drink.

Afternoon snacks: CG, MU, SS, SY, M, E

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## Spring/summer menu 2019 week Four

| <u>Lunch time</u> | Monday                       | Tuesday                             | Wednesday                           | Thursday                            | Friday                                    |
|-------------------|------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|---|
| Starter           | Garlic bread slices<br>CG, M | /                                   | Pitta bread & houmous<br>SS, CG, SY | /                                   | Onion bahji & veg samosa<br>MU, C, SY, CG |
| Main course       | Spicy bean bake<br><br>CG    | Chicken roast dinner<br>SY, CG      | Chilli & rice<br>SD, M              | Spaghetti bolognese<br>SD, CG, E, M | Vegetable curry & rice<br><br>M, CG       |
| Vegetarian option |                              | Quorn roast dinner<br>E, C, N       | Quorn chilli & rice<br>E            | Quorn bolognese<br>E, CG            |   |
| Dessert           | /                            | Ginger sponge & custard<br>CG, M, E | /                                   | Jelly ice-cream<br>M, SY, N, PN     | /   |

| <u>Tea time</u>   | Monday   | Tuesday                                   | Wednesday  | Thursday                         | Friday  |
|-------------------|--|---|--|----------------------------------|---|
| Starter           | /  | Salad sticks with garlic & herb dip<br>M  | /  | Cheese and crackers<br>M, SY, CG | /   |
| Main course       | Tuna torilaa roll-ups with salad<br><br>F, M, MU, CG | Cheese & tomato pizza slices<br><br>M, CG | Homemade vegetable soup with freshly baked baguettes<br>C, N, SS, CG | Waffles & beans                  | Ham, chicken, tuna or egg sandwiches with side salad<br><br>F, CG, SY, E, MU, M |
| Vegetarian option |  |   |  |                                  |   |
| Dessert           | Fresh fruit medley covered with natural yoghurt<br>M | /   | Cheese sticks and apple slices<br>M                                  | /                                | Savoury scones<br>CG, M, E  |

### Snacks

Morning snacks: CG, M, SY

A selection of cereal served with milk, fresh fruit, Toast with water or milk provided as a drink.

Afternoon snacks: CG, MU, SS, SY, M, E

A selection of fresh fruit, vegetable or bread sticks with dips, with water or milk provided as a drink

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