

Stoke Green

DAY NURSERY FOOD MENU

Breakfast

A variety of cereals with fresh milk, continental options include muffins, pancakes, toast and fresh fruit. **Allergens:** Milk and gluten.

Main meals & puddings

Monday - Tuna & vegetable pasta bake.

Allergens - Fish, milk & gluten.

Veg option - Vegetable pasta bake

Pudding- Peaches & cream. **Allergens** - Milk

Tuesday- Beef chili w/rice & tortilla crisps.

Allergens - Gluten **Veg option** - Four bean chili

Pudding - Fruity fromage frais cake. **Allergens** - Milk & egg.

Wednesday - Roast turkey w/new potatoes & carrots. **Veg option** - Quorn chicken w/new potatoes & carrots. **Allergens**- Gluten, soya & celeriac. **Pudding** - Greek yogurt & orange slices.

Allergens - Gluten.

Thursday - Hidden vegetable pasta bake w/ Ciabatta bread. **Veg option** - N/A. **Allergens** - Gluten & soya. **Pudding** - Homemade carrot cake. **Allergens** - Eggs.

Friday - Fish pie, carrot & broccoli. **Veg option** - Vegetable & bean pie w/ vegetables. **Allergens**- Fish & milk. **Pudding** - Homemade lemon shortbread. **Allergens** - Gluten & Milk.

Snack

A variety of healthy snacks such as fruit smoothie, crackers, fruit bowl, vegetable sticks & dips.

Allergens: Milk and gluten.

High Tea

Monday - Pitta bread pizzas w/cheese & tomato. **Allergens** - Gluten & milk.

Tuesday - Variety of dips, breadsticks, cucumber & carrot sticks.

Allergens - Gluten

Wednesday - Tuna rolls & slices of fruit. **Allergens** - Fish.

Thursday - Baked beans or sardines on toast. **Allergens** - Fish.

Friday - Toasted fruit loaf & fresh fruit. **Allergens** - Gluten & milk.