

WEEK 1

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 & Gluten, soya.

Main meals & puddings

Monday - Spaghetti bol/Quorn and garlic bread. to finish home made cranberry muffins. **Allergens** - Soya & egg. (P) Gluten & eggs.

Tuesday - Vegetable chilli with warm pitta breads. To finish fruited yogurts. Allergens - Wheat, gluten. (P) Milk.

Wednesday - Sausage & bean/Vegetable opt hotpot. To finish Apple Jacks. Allergens - Soya (P) Gluten, egg.

Thursday - Chicken and mushroom/Vegetable opt pie with new potatoes. To finish apricot sponge. **Allergens** - Soya, milk, gluten, egg.

Friday - Chickpea, spinach & vegetable curry. with rice & naan bread. To finish banana & custard. **Allergens** - gluten (P) Milk.

Snack

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

Allergens - Milk & gluten

High tea

Monday - Wholemeal pitta with vegetable sticks with dips. **Allergens** - Gluten.

Tuesday - Cheese & biscuits and fresh fruits. **Allergens** - Gluten & milk.

Wednesday - Salmon, cheese & cucumber with carrot sticks. **Allergens** - Fish & gluten.

Thursday - Homemade lentil and sweet potatoes soup with crusty bread. **Allergens** - Gluten.

Friday - Beans on toast. **Allergens** - Gluten.