AUTUMN & WINTER MENU WEEK 4

Stoke Green

DAY NURSERY FOOD MENU

Main meals & puddings

Monday - Tuna & sweetcorn pasta bake Pudding - Custard tart **Tuesday -** Beef cottage pie w/ new potatoes & seasonal vegetables. Veg option - Red lentil cottage pie. Pudding -Fruit scones w/ Apricot jam. Wednesday - spaghetti bolognaise w/ garlic bread. Veg option - vegetable bolognaise. Pudding - Fruit trifle. Thursday - Turkey, stuffing, roasted vegetables & creamy mash. . Veg option - Quorn & roasted vegetables. Pudding - Fruit crunch Friday - Sausage, sun dried tomatoes pasta bake. Veg option - Quorn sausage pasta bake **Pudding** - Jam & coconut sponge.

Breakfast

Breakfast is offered between 8am - 9.15am along with a rolling snack. A variety of cereals with fresh milk, continental options include muffins, pancakes, toast and fresh fruit

## Snack

Our healthy snacks include fruit smoothie, rice cakes, oat biscuits, fruit bowl, vegetable sticks.

High Tea

**Monday -** Lentil, butternut squash soup w/ crusty bread.

**Tuesday** - Cream cheese bagels w/ vegetable sticks.

Wednesday - Tomato and basil pasta bake.

**Thursday** - Tuna & cucumber whole meal rolls.

**Friday** - Rice cakes, breadsticks & a varity of dips.

## Allergens awareness:

We cater for all allergens and dietary requirements and adhere to the food standard organization