

WEEK 4

Stoke Green

DAY NURSERY
FOOD MENU

Main meals & puddings

Monday - Chicken & leek stew w/ new potato's or mash. **Veg option** - Lentil & vegetable soup. **Allergens** - Soya & celeriac

Pudding - Fromage frais **Allergens** - Milk

Tuesday - Chicken & potato curry w/ mushroom rice & naan bread. **Veg option** - Chickpea & potato's **Allergens** - Gluten & Mustard. **Pudding** - Fruit scones.

Allergens - Gluten, milk & eggs.

Wednesday - Jacket potato w/ vegetable bolognaise. **Allergens** - N/A.

Pudding - Banana & apple bread
Allergens - Milk & egg.

Thursday - Hidden Vegetable pasta bake w/ garlic bread. **Allergens** - Gluten.

Pudding - Homemade fruit muffins.
Allergens - Milk & egg.

Friday - Four bean chili w/ rice & tortilla crisps. **Allergens** - N/A **Pudding** - Homemade fruit crumble w/custard
Allergens - Milk

Breakfast

A variety of cereals with fresh milk, continental options include muffins, pancakes, toast and fresh fruit

Allergens - Milk & Gluten, soya.

Snack

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

Allergens - Milk & gluten

High Tea

Monday - Toasted muffin w/cream cheese, apple & banana. **Allergens** - Gluten & Milk.

Tuesday - Toasted pitta breads & humous dips w/vegetable sticks.

Allergens - Milk. **Wednesday** - Tomato & basil bake. **Allergens** - Gluten & Milk.

Thursday - Tuna melt w/ cucumber & pepper sticks. **Allergens** - Fish & milk. **Friday** - Turkey & cheese rolls w/ carrot sticks. **Allergens** - Gluten & milk.