

Stoke Green

DAY NURSERY FOOD MENU

Main meals & puddings

Monday - Jacket potato w/tuna & beans.

Veg option - Jacket potato's w/ cheese.

Allergens - Fish & milk

Pudding - Fruit platter w/ fresh cream

Allergens - Milk

Tuesday - Beef lasagna w/ new potatoes'

& sweetcorn. **Veg option** - Vegetable

lasagna. **Allergens** - Gluten & Milk.

Pudding - Fruit salad. **Allergens** - N/A

Wednesday - Four bean chili w/rice &

garlic bread. **Allergens** - N/A. **Pudding** -

Homemade raisin & oat cookies.

Thursday - Homemade cod fish cakes w/

potato's, pea's & parsley sauce. **Veg**

option - Vegetable cakes. **Allergens** -

Gluten & Milk. **Pudding** - Fruit yogurt pots.

Allergens - Milk.

Friday - Sweet & sour chicken w/rice or

noddle & prawn crackers. **Veg option** -

Vegetable sweet & sour. **Allergens** -

Gluten, fish & soya. **Pudding** - Jo's

cranberry flapjacks. **Allergens** - N/A

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 - Variety of muffins or crumpets w/ cucumber & tomato.

Allergens - Gluten & Milk.

Tuesday - Rice cakes w/cream cheese & banana. **Allergens** - Milk.

Wednesday - Turkey & spinach wraps w/ cherry tomatoes. **Veg**

option - Cheese spinach wraps.

Allergens - Gluten & Milk.

Thursday - Homemade cheese & pepper pizzas. **Allergens** - Gluten & milk.

Friday - Broccoli & cauliflower soup & pitta breads. **Allergens** -

Gluten & celeriac