

Autumn and Winter Menu

<u>Week 1</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u>	Choice of cereal water	Toast served with Banana and a choice of milk or water	Weetabix and milk water	Greek yoghurt served with fruit puree water	Crumpets with butter Water
<u>Lunch</u>	Tuna and sweetcorn pasta bake with a side of peas	A hearty vegetable and lentil soup served with a fresh baguette	Boiled ham served with parsley sauce, new potatoes, peas and sweetcorn	Pasta bolognaises served with a side of garlic bread	Fish pie in a creamy cheese and leek sauce, topped with potato and carrot mash served and a side of peas
<u>Dessert</u>	Apple and pear oat topped crumble with a spoonful of natural yogurt	Home made orange jelly and mandarins	Orange wedges	Fresh fruit salad	Blueberry fool made with Greek yogurt
<u>Babies- weaning</u>	Carrot and potato	Swede and carrot	Broccoli and potato	Baby rice and peas	Sweet potato and mixed vegetables
<u>Tea</u>	Beans on toast with a sprinkling of cheese served with a choice of juice or water	Homemade potato wedges with smashed avocado dip and pitta fingers served with a choice of juice or water	Tuna and cheese wraps with cucumber batons served with a choice of milk or water	Bara Brith with butter and banana served with a choice of milk or water	Cheese and crackers with cherry tomatoes served with a choice of juice or water
<u>Babies- weaning</u>	Apple and pear	Fresh fruit cocktail	Banana	Berry compote	Fromage Frais
<u>Late snack</u>	Tangerine served with water	Apple served with water	Banana served with water	Pear served with water	Melon smiles served with water

For information relating to all allergens, please speak to a member of the nursery team. Fruit juices will be diluted at a rate of 50:50 for children over 1 and 1:10 for children under 1.

Autumn and Winter Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>	Weetabix water	Fruit loaf with apple slices and a choice of mil or water	Choice of cereal water	Toasted crumpets with banana and a choice of milk or water	Toast with a choice of milk or water
<u>Lunch</u>	Butter chicken curry served with Naan bread and rice	Cauliflower and broccoli pasta cheese bake served with a side of peas	100% cod fish fingers served with baked beans and a side of potato mash	Sausage casserole with sweet potatoes, peppers and mixed vegetables	Roast chicken dinner served with new potatoes, seasonal vegetables, and gravy
<u>Dessert</u>	Apple and pear slices	Frozen berry yogurt	Fresh melon slices	Fruit salad	Fresh berries and natural yogurt
<u>Babies- weaning</u>	Broccoli and potato	Carrots, peas and potato	Cauliflower and potato	Sweet potato and peas	Swede and parsnip
<u>Tea</u>	Cracker bread served with soft cheese and tomatoes with a choice of milk or water	Chicken, stuffing, and sweetcorn wraps with sliced peppers and a choice of juice or water	Vegetable soup served with fresh baguette and water	Cheese and tomato pizza muffins with cucumber batons and a choice of juice or water	Crackers and butter served with cheese, pickle and pineapple chunks and a choice of juice water
<u>Babies – weaning</u>	Banana	Berries and apple	Melon	Sweet apple	Mixed berries and apple
<u>Late snack</u>	Melon smiles served with water	Pear served with water	Banana served with water	Orange wedges served with water	Apple served with water

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