

Autumn Week One

Breakfast is served every day with a selection of wholegrain cereals, toast and fruit. Cereals used at this nursery are listed in the allergens information.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Rice Cakes <i>with spread</i>	Apple Fingers	Oat cakes <i>with soft cheese</i>	Pear & Sultanas	Bread Sticks <i>with Humous</i>
Lunch	One Pot Chicken Jollof Rice <i>with steamed broccoli</i> Watermelon Fans	Tuna & Sweetcorn Pasta Bake <i>with runner beans</i> Plum & Cinnamon Compote	Turkey Con Carne <i>with steamed rice or cous cous & green beans</i> Orange Wedges	Poached Ham, New Potatoes & Broccoli <i>with a creamy mustard & parsley sauce</i> Vanilla Rice Pudding	Courgette Caponata Pasta Bake <i>with garlic bread & steamed garden peas</i> Banana Fingers
Vegan/ Vegetarian Lunch	Butternut Squash, Spinach & Tomato Jollof Rice <i>with steamed broccoli</i> Watermelon Fans	Red Lentil & Pepper Pasta Bake <i>with runner beans</i> Plum & Cinnamon Compote	Three Bean Chilli <i>with steamed rice or cous cous & green beans</i> Orange Wedges	Bubble & Squeak <i>with steamed broccoli & a creamy mustard & parsley sauce</i> Vegan Vanilla Rice Pudding	Courgette Caponata Pasta Bake <i>with garlic bread & steamed garden peas</i> Banana Fingers
High Tea	Pitta Fingers <i>with cheddar & apple slaw & vegetable crudités</i> Sliced Pears	Curried Butternut Squash & Coconut <i>with crusty roll</i> Peach & Quartered Grapes	Selection of Sandwiches <i>egg & cress, humous & spinach, soft herby cheese</i> Apple	Tuna Crunch or Tomato & Basil Muffin <i>with cucumber sticks</i> Seasonal Fruit Salad	Ham Salad Wraps <i>with tzatziki dip & quartered cherry tomatoes</i> Fruit Yoghurt
Vegan/ Vegetarian High Tea	Pitta Fingers <i>with cheddar & apple slaw & vegetable crudités</i> Sliced Pears	Curried Butternut Squash & Coconut <i>with crusty roll</i> Peach & Quartered Grapes	Selection of Sandwiches <i>egg & cress, humous & spinach, soft herby cheese</i> Apple	Tomato, Pepper & Basil Muffin Pizza <i>with cucumber sticks</i> Seasonal Fruit Salad	Rainbow Salad Wraps <i>with tzatziki dip & quartered cherry tomatoes</i> Fruit Yoghurt
	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition
	Starchy Portions 6	Starchy Portions 6	Starchy Portions 6	Starchy Portions 5	Starchy Portion 6
	Fruit & Vegetable Portions 8	Fruit & Vegetable Portions 8	Fruit & Vegetable Portions 8	Fruit & Vegetable Portions 9	Fruit & Vegetable Portion 9
	Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portions 1	Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portions 1	Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portions 3	Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portions 2	Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portion 2
	Milk & Dairy Foods 2	Milk & Dairy Foods 2	Milk & Dairy Foods 3	Milk & Dairy Foods 3	Milk & Dairy Foods 2

Water available all day and with all meals. Menus are subject to change and availability.