

Autumn Week Two

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Satsumas	Rice Cakes <i>with dairy free spread</i>	Banana Fingers	Cream Crackers & humous	Seasonal Plums
Lunch	Basil & Spinach Pesto Pasta <i>with roasted peppers & courgettes & garlic flatbread</i> Fresh Pineapple	Turkey & Mushroom Fricassee <i>with steamed rice & Chantenay carrots</i> Greek Yoghurt <i>with cherry & rhubarb compote</i>	Cumberland Pie <i>with steamed mixed vegetables & thyme gravy</i> Satsumas	Roast Chicken <i>with roast potatoes, yorkshire pudding, seasonal veg & redcurrant gravy</i> Stone Fruit Salad <i>with mint & vanilla syrup</i>	Cod & Haddock Cheesy Potato Gratin <i>with broccoli & cauliflower</i> Banana & Raisins
Vegan/ Vegetarian Lunch	Basil & Spinach Pesto Pasta <i>with roasted peppers & courgettes & garlic flatbread</i> Fresh Pineapple	White Bean, Leek & Mushroom Fricassee <i>with steamed rice & Chantenay carrots</i> Greek Yoghurt <i>with cherry & rhubarb compote</i>	Veggie Cumberland Pie <i>with steamed mixed vegetables & thyme gravy</i> Satsumas	Roast Quorn <i>with roast potatoes, yorkshire pudding, seasonal veg & redcurrant gravy</i> Stone Fruit Salad <i>with mint & vanilla syrup</i>	Spinach & Cheese Potato Gratin <i>with broccoli & cauliflower</i> Banana & Raisins
High Tea	BBQ Chicken & Salad Wrap <i>with carrot sticks</i> Sliced Apple	Smokey Joes' Beans <i>with warm baguette & butter</i> Watermelon Fingers	Cheese & Pickle Pitta Pockets <i>with cucumber & pepper sticks</i> Peach & Orange Salad	Italian Style Tomato, Vegetable & Orzo Soup Seasonal Pears	Garlic & Herb Soft Cheese & Cucumber Bagels <i>with pepper sticks</i> Orange Wedges
Vegan/ Vegetarian High Tea	Plant Based BBQ Chicken & Salad Wrap <i>with cucumber sticks</i> Sliced Apple	Smokey Joes' Beans <i>with warm baguette & butter</i> Watermelon Fingers	Cheese & Pickle Pitta Pockets <i>with cucumber & pepper sticks</i> Peach & Orange Salad	Italian Style Tomato, Vegetable & Orzo Soup Seasonal Pears	Garlic & Herb Soft Cheese & Cucumber Bagels <i>with pepper sticks</i> Orange Wedges
	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition
	Starchy Portion 4	Starchy Portion 5	Starchy Portion 5	Starchy Portion 5	Starchy Portion 4
	Fruit & Vegetable Portion 8	Fruit & Vegetable Portion 8	Fruit & Vegetable Portion 9	Fruit & Vegetable Portion 8	Fruit & Vegetable Portion 8
	Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portion 2	Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portion 3	Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portion 2	Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portion 2	Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portion 3
	Milk & Dairy Foods 2	Milk & Dairy Foods 1	Milk & Dairy Foods 2	Milk & Dairy Foods 2	Milk & Dairy Foods 2

Water available all day. Milk offered at snack time & teatime. Menus are subject to change and availability.