

Autumn Week Three

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.

Morning
Snack

Banana & Sultanas

Lunch

Savoury Mince & Root
Vegetable Mash
*with cabbage &
green beans*

Fruit Yoghurt

Vegan/
Vegetarian
Lunch

Lentil & Bean Hash
Vegetable Mash
*with cabbage &
green beans*

Fruit Yoghurt

High
Tea

Selection of Rolls
*with a choice of egg &
cress, soft cheese, ham or
chicken & veggie sticks*

Sliced Plums

Vegan/
Vegetarian
High Tea

Selection of Rolls
*with a choice of houmous
or cheese & cucumber
& veggie sticks*

Sliced Plums

Nutrition

Starchy Portions 6
Fruit & Vegetable Portions 8
Meat, Fish, Eggs, Beans & Non-
Dairy sources of Protein Portions 1
Milk & Dairy Foods 2

Tuesday

Breadsticks
with cheddar cubes

Puff Pastry Topped Pork,
Leek & Casserole
*with new potatoes
& broccoli*

Bananas & Custard

Puff Pastry Topped
Quorn, Leek & Tarragon
Casserole
*with new potatoes
& broccoli*

Bananas & Custard

Jacket Potatoes Halves
*with tuna & sweetcorn mayo
or baked beans & cheese*

Apple Fingers

Jacket Potatoes Halves
with baked beans & cheese

Apple Fingers

Nutrition

Starchy Portions 6
Fruit & Vegetable Portions 8
Meat, Fish, Eggs, Beans & Non-
Dairy sources of Protein Portions 3
Milk & Dairy Foods 3

Wednesday

Orange Wedges

Caribbean Chicken Stew
*with traditional style rice
& peas*

Pineapple & Mango
Melody

Sweet Potato & Pepper
Caribbean Stew
*with traditional style rice
& peas*

Pineapple & Mango
Melody

Ham Salad
Pinwheel Wraps
with carrot & pepper batons

Duo of Melon

Humous Salad
Pinwheel Wraps
with carrot & pepper batons

Duo of Melon

Nutrition

Starchy Portions 6
Fruit & Vegetable Portions 8
Meat, Fish, Eggs, Beans & Non-
Dairy sources of Protein Portions 3
Milk & Dairy Foods 3

Thursday

Oat Cakes
with dairy free spread

Welsh Rarebit Fish Pie
with seasonal vegetables

Apple & Rhubarb
Crumble
with Greek yoghurt

Welsh Rarebit Cannelloni
Bean & Onion Pie
with seasonal vegetables

Apple & Rhubarb
Crumble
with Greek yoghurt

Curried Parsnip
& Apple Soup
with pitta fingers

Peaches

Curried Parsnip
& Apple Soup
with pitta fingers

Peaches

Nutrition

Starchy Portions 5
Fruit & Vegetable Portions 9
Meat, Fish, Eggs, Beans & Non-
Dairy sources of Protein Portions 1
Milk & Dairy Foods 2

Friday

Seasonal Pears

Butternut Squash
Mac n Cheese
*with herby breadcrumbs,
peas & green beans*

Fruit Salad

Butternut Squash
Mac n Cheese
*with herby breadcrumbs,
peas & green beans*

Fruit Salad

Grated Cheddar,
Mayo & Spring Onion
Savoury Bagels
with vegetable crudités

Satsumas

Grated Cheddar,
Mayo & Spring Onion
Savoury Bagels
with vegetable crudités

Satsumas

Nutrition

Starchy Portions 5
Fruit & Vegetable Portions 9
Meat, Fish, Eggs, Beans & Non-
Dairy sources of Protein Portions 1
Milk & Dairy Foods 2

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