



Happy Nursery Days Autumn/Winter Menu



Week 1 Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Selection of Cereal & Toast(wheat, barley, milk)	Oats Porridge (oats, milk)	Selection of Cereal/Toast (wheat, barley, milk)	Cornmeal Porridge (nuts, seeds, milk)	Scrambled eggs with toast and milk(egg, wheat, milk)
Snack	Snack	Snack	Snack	Snack
Fruit Platter(milk)	Cucumber/carrots sticks with dips	Fruit Platter	Bread sticks with Raisins(wheat ,Milk)	Fruit Platter/Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Pasta in red pepper and butter squash nut sauce with sweetcorn	Jollof Rice with Roast Chicken in Gravy served with Salad	Lasagne with carrots and broccoli(wheat, soya)	Sausage Hot Pot and Roast Potatoes (wheat, soya)	Fish/ chicken fingers and chips with sweet corn and peas(wheat, milk)
Apple Pie & Custard/ Vegan (milk, soya, wheat)	Yogurt (milk)	Banana Slices and Custard(wheat)	Semolina(milk/soya)	Rice Pudding (milk)
Vegetarian alternative	Vegetarian alternative	Vegetarian alternative	Vegetarian alternative	Vegetarian alternative
Pasta in red pepper and butter squash nut sauce (barley, wheat)	Jollof Rice served with Vegetable fingers and Gravy(barley, soya)	Soya Mince Lasagne with mixed vegetables(soya, wheat)	Seasoned vegetable Hot Pot (soya, wheat)	Quorn sausages/ veggie fingers with sweet corn and peas(wheat)
Tea	Tea	Tea	Tea	Tea
Vegetables Soup Served with Triangle Toasty Milk(wheat)	Croissant with Cheese/Raisins Served with Milk(wheat, milk)	Selection of Sandwiches served with Milk(wheat, milk)	Leek and potato soup with bread rolls (wheat, barley, milk)	Pancake with raisins(wheat, milk)
Weaning Stage	Weaning Stage	Weaning Stage	Weaning Stage	Weaning Stage
Vegetables Soup Served with Triangle Toasty(Wheat)	Pasta with Sweet Squash and Chicken(Gluten)	Sweet Red Pepper, Tomato and Carrot Puree	Leek and potato soup with bread rolls	Vegetarian Bean hotpot (milk)



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Week 2 Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Selection of Cereal & Toast	Oats Porridge	Selection of Cereal/ Toast	Cornmeal Porridge	Selection of cereal/Scrambled eggs with toast,
Snack	Snack	Snack	Snack	Snack
Cucumber/ Carrot sticks with dips	Fruit Platter/ Milk	Bread Sticks and Raisins/ Milk	Fruit Platter/ Milk	Fruit Platter/ Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Spaghetti Bolognaise served with runner beans(Wheat) Apple pie and custard	Shepherd's Pie With side salad Yogurt (Milk)	Vegetable Lentils served with Rice Sponge Cake and Custard(wheat, milk)	Chicken/Vegetable Stir fry Noodles(wheat/egg) Semolina (Milk)	Fish and chips served with baked beans Rice Pudding
Vegetarian alternative	Vegetarian alternative	Vegetarian alternative	Vegetarian alternative	Vegetarian alternative
Quorn Spaghetti Bolognaise with runner beans	Quorn Shepherd's Pie With side salad	Vegetable Lentils with Rice	Vegetable stir fried Noodles	Vegetarian sausages chips with baked beans
Tea	Tea	Tea	Tea	Tea
Selection of Sandwiches jam, chicken slices, and cheese spread(wheat, milk)	Vegetable Soup served with Triangle Toasty(Wheat)	Pancakes with Raisins served with Milk(Wheat ,egg)	Sweet potatoes/red peppers, carrots soup served with bread roll(Wheat)	Vegetable noodles(wheat/egg)
Weaning Stage	Weaning Stage	Weaning Stage	Weaning Stage	Weaning Stage
Lentils dhal with vegetables	Vegetable Soup served with Triangle Toasty	Medeterrian pasta with pasta (courgette, red pepper	Sweet potatoes/red peppers, carrots soup served with bread roll(Wheat)	Chicken and tomatoes Orzo Bake



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Week 3 Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Selection of Cereal & Toast	Oats Porridge	Selection of Cereal/Toast	Cornmeal Porridge	Scrambled eggs with toast and milk
Snack	Snack	Snack	Snack	Snack
Cucumber/ Carrots stick with dips	Fruit Platter/Milk	Bread sticks with Raisins	Fruit Platter	Fruit Platter/Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Macaroni Cheese with Broccoli/Cauliflower(wheat, milk)	Rice and Peas with Vegetable Chicken Curry	Baked Beans Sausage Hotpot served with Diced Potatoes	Stir fried vegetable noodles with chicken(wheat, egg)	Fish Finger & Chips served Garden Peas (wheat)
Apple Pie and Custard (Wheat)	Yoghurt (wheat)	Peach slices	Cake and custard	Rice Pudding
Vegetarian alternative	Vegetarian alternative	Vegetarian alternative	Vegetarian alternative	Vegetarian alternative
Macaroni Cheese with Broccoli/Cauliflower(wheat, milk)	Jamaican Rice and Peas with Vegetable Chicken Curry	Baked Beans with Vegan Sausages Hot Pot served with Diced Potatoes	Vegetable stir fried noodles	Vegetable Fingers & Chips Served with Baked Beans
Tea	Tea	Tea	Tea	Tea
Pancakes with Raisins and Milk(Wheat, eggs)	Sweet potatoes with red paper soup Served with toast(wheat)	Selection of Sandwiches(Lettuce cucumber, cheese, served with Milk)	Spaghetti Hoops with Hash brown	Beans on toast with milk(Wheat)
Weaning Stage	Weaning Stage	Weaning Stage	Weaning Stage	Weaning Stage
Tomatoes and Courgette Risotto	Sweet potatoes with red paper soup Served with toast	Pasta with sweet Red Pepper, Tomato courgettes and Carrot	Mexican Bean Chilli	Macaroni Beef with vegetables



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Week 4 Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Selection of Cereal & Toast	Oats Porridge	Selection of Cereal/ Toast	Cornmeal Porridge	cereal/Scrambled eggs with toast
Snack	Snack	Snack	Snack	Snack
Cucumber /Carrot with dips	Fruit Platter/ Milk	Bread sticks and Raisins	Fruit Platter/ Milk	Fruit Platter/ Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Spaghetti Bolognese With mixed vegetables Yogurt(wheat, milk)	Roast Chicken with diced roast potatoes carrots/beans Apple Crumble with custard	Moroccan Vegetable with Rice Fruit platter	Cottage pie with side peas Sponge Cake and Custard(wheat, milk)	Fish and Chips Served with Baked Beans & Peas Rice Pudding
Vegetarian alternative	Vegetarian alternative	Vegetarian alternative	Vegetarian alternative	Vegetarian alternative
Quorn mince vegetables Bolognese	Roast Quorn Chicken in Gravy served with diced roast potatoes carrots	Moroccan Vegetable with Rice	Lentils/ vegetables Cottage pie with side peas	Vegan Sausages and Chips Served with Bake Beans & Peas
Tea	Tea	Tea	Tea	Tea
Fish fingers with Baked Beans	Selection of Sandwiches Cucumber(wheat)	Spaghetti Hoops with harsh browns	Chicken quiche (wheat)	Carrot and coriander Soup with Wholemeal Roll(wheat)
Weaning Stage	Weaning Stage	Weaning Stage	Weaning Stage	Weaning Stage
Cheesy Spinach and Potatoes bake	Lentils dhal with vegetables	Cauliflower and chickpeas Balti	Tomatoes and Courgette Risotto	Pasta with chicken Tomato Courgette & mixed peppers



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