

Week D



Our seasonal menus run on a four weekly rota providing a varied diet and lots of new food each week. The menus have been carefully created to meet nutritional guidelines for young children. Children are introduced to fresh fruit and vegetables daily which are locally sourced.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals and toast Milk/water (dairy free options available)	Selection of cereals and toast Milk/water (dairy free options available)	Selection of cereals and toast Milk/water (dairy free options available)	Selection of cereals and toast Milk/water (dairy free options available)	Selection of cereals and toast Milk/water (dairy free options available)
Allergens	Wheat, Corn, Malted Barley, Dairy	Wheat, Corn, Malted Barley, Dairy	Wheat, Corn, Malted Barley, Dairy	Wheat, Corn, Malted Barley, Dairy	Wheat, Corn, Malted Barley, Dairy
Dinner	Cheesy broccoli pasta flapjack Milk/water (dairy free options available)	Vegetable curry and rice Fruit Milk/water (dairy free options available)	Quorn sausage, mash, and beans Rice pudding Milk/water (dairy free options available)	Quorn mince and vegetables noodles Angel delight Milk/water (dairy free options available)	Freshly baked pizza, mix vegetable and chips Apple crumble and custard Milk/water (dairy free options available)
Allergens	Wheat, Milk, Barley, Eggs, Oats		Eggs, Wheat, Milk, Barley	Eggs, Wheat, Barley, Milk	Wheat, Milk
Snack	Fruit loaf and butter Milk/water (dairy free options available)	Bread/vegetable sticks with dips Milk/water (dairy free options available)	Toasted sweet waffle Milk/water (dairy free options available)	Pancakes with jam Milk/water (dairy free options available)	Raisins and fruit Milk/water (dairy free options available)
Allergens	May Contain: Milk, Soya. Contains: Wheat	Barley, Wheat, Sesame	May Contain: Nuts. Contains: Eggs, Lupin, Milk, Wheat	Wheat, Milk, Egg	
Light tea	Beans on toast Biscuits Milk/water (dairy free options available)	Toasted bagels Fruit Milk/water (dairy free options available)	Cheese sandwiches Biscuits Milk/water (dairy free options available)	Jacket potato, beans, and cheese Fruit Milk/water (dairy free options available)	Vegetable couscous with poppadom's Biscuits Milk/water (dairy free options available)
Allergens	May Contain: Barley, Oats, Rye. Contains: Soya, Wheat	May Contain: Barley, Oats, Rye. Contains: Soya, Wheat	May Contain: Barley, Oats, Rye, Milk. Contains: Soya, Wheat	Wheat, Milk	May Contain: Nuts, Peanuts. Contains: Wheat

All meat is halal

Water is always freely available throughout the day

Medical dietary requirements are adhered to, and menu is discussed and agreed with parents prior to starting.