

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 LUNCH	<p>Shepherds Pie - Lamb mince and dairy free potato and sweet potato mash. Onions, Carrots, lentils included in pie.</p> <p>Peas served as a side dish.</p> <p>Soya alternative – contains barley and egg white.</p> <p>Bio Greek yogurt</p>	<p>Roast Dinner –Beef, Lamb, Pork or Turkey. Broccoli, cauliflower, mashed swede, roast potato.</p> <p>gravy – contains gluten, soya, wheat.</p> <p>Yorkshire Pudding – contains wheat and milk.</p> <p>Cheese and crackers – contains milk, wheat and cheese.</p>	<p>Meatballs – Pork and beef. Rice. Green beans, sweetcorn.</p> <p>Dairy free chocolate sponge – contains egg, wheat, gluten.</p> <p>Chocolate custard – contains milk, cocoa powder, eggs.</p>	<p>Sausages – may contain gluten.</p> <p>Dairy free mash/crushed new potatoes</p> <p>Baked beans, seasonal vegetables</p> <p>Fruit slices –pear, apple, banana.</p>	<p>salmon pasta bake – contains wheat, white sauce contains dairy, parsley.</p> <p>Broccoli</p> <p>Yoghurts – contains milk and strawberries.</p>
TEA	Beans on toast – dairy free spread, wheat. Fruit	Sandwiches – Ham, cheese, marmite, contains wheat.	Home made pizzas – contains wheat, homemade tomato sauce with added vegetables. Grated cheese – contains milk.	Wraps – cheese and ham – contains wheat milk and gluten.	Jacket potato and baked beans – dairy free
SNACKS	Reduced sugar courgette cake - dairy free, contains egg, wheat, gluten.	Plain scones – contains milk, wheat, gluten, cheese.	Slice of brown bread with spread dairy free, contains wheat gluten.	Cheese straws s- contains milk, wheat, gluten.	Flap jacks – contains wheat, gluten, milk, dried fruit, apricot, prunes raisins.
Week 2 LUNCH	<p>Spanish style chicken – contains tomatoes, onions and mixed vegetables in tomato and pepper sauce, with lentils , Rice, broccoli.</p> <p>Apricot muffins – contains wheat, gluten</p>	<p>Pasta and ham hock in a white cheese sauce – contains wheat, dairy, parsley. Carrots and broccoli.</p> <p>Greek yogurt with fruit coulis contains whey powder. Minimum sugar in fruit coulis</p>	<p>Fish pie , white, fish sauce, - contains selection of fish, green beans and pulses, Dairy free mash.</p> <p>Peas, sweetcorn as side choice.</p> <p>Apple slices</p>	<p>Pasta bolognaise (beef), cucumber and carrot sticks – contains wheat</p> <p>Yogurt- contains strawberries, milk.</p>	<p>Roast dinner –Pork, turkey, lamb or beef. Green beans, carrots, roast potatoes. Yorkshire pudding – contains milk, wheat. Chicken gravy – contains soya, gluten, wheat.</p> <p>Quorn slices – contains egg, in vegetable gravy – contains wheat, soya.</p>

					Jam sponge and custard – contains milk, wheat, egg.
TEA	Cheese and ham wraps Contains wheat, dairy, with crudities	Beans on toast – contains wheat. Courgette cake	Tomato pasta – contains wheat. With accompanying crudities Fruit / yogurt	Fish fingers, potatoes and peas. Small piece of low sugar cake / biscuit	Pizza, cheese and tomato – contains milk, wheat. Accompanying carrot, cucumber and sweet pepper slices / sticks. Fruit
SNACKS	Selection of fruit / low sugar / savoury snack Seasonal fruit	Cheese straws, small piece of seasonal fruit/veg	Apple and cinnamon muffins (reduced sugar recipe) – dairy free, contains wheat, gluten. Small pice of seasonal fruit / veg stick	Sweet potato biscuit / small piece of seasonal fruit / veg	Courgette cake / small piece of seasonal fruit / veg
Week 3 LUNCH	Fish Stew, Dairy free mash, Stew contains, selection of seasonal bone free fish, green beans, lentils, tomatoes, onions, garlic, carrots and peas. Assorted seasonal fruit	Meatballs and Pasta – in a tomato sauce contains pork, beef and wheat. Sweetcorn, peas. Bio yogurt with blue berries, contains whey powder and blue berries.	Chicken Chasseur, Onions garlic and mixed vegetables in sauce with Rice, and broccoli as a side dish Apricot muffins (low sugar recipe – contains wheat, gluten.	Roast dinner – Pork, turkey, lamb or beef. Carrots,cauliflower, peas and runner beans, roast potatoes. Yorkshire pudding – contains milk, wheat. Chocolate sponge – contains milk, eggs, cocoa, chocolate custard – contains milk, cocoa.	Pasta bolognaise – sauce contains onions, peppers, garlic, tomatoes and liquidised mixed vegetables contains wheat, grated cheese and milk. Sliced fruit, melon, pears, apple.
TEA	Assorted sandwiches on whole meal bread, ham, cheese, cream cheese , marmite, cucumber sticks. – contains milk and	Jacket potatoes with selection of toppings, grated cheese, coleslaw or just butter. Side salad of carrots, cucumber and pepper	Baked beans on toast – contains wheat. Salad of carrot and cucumber with sweet pepper and tomatoes as a side accompaniment. Small piece of sweet potato cake/biscuit	Ham and cheese wraps – contains wheat and milk Carrot and cucumber batons (par boiled for IC) Choice fruit / baked produce	Home made sausage rolls with peas and sweet corn Yogurts

SNACKS	wheat. Fruit Plain cracker and vegetable spread / selection of seasonal vegetables / fruit	Fruit Whole meal bread with selection of spreads.	Small bread roll and butter contains wheat. Choice of fruit	Plain scones Choice or fruit	Banana muffins – contains Banana, wheat, milk and gluten.
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Vegetarian alternatives are provided daily when required, usually substituting meat for quorn/soya as a protein option.

Snacks are provided mid-morning. Typically snacks will include a small portion of carb, savoury scone, cheese straw, oat cookie, reduced sugar cakes and shortbread (for energy) together with a piece of fruit .

A fruit basket is available in each room for additional snacking if required.

Lunch is served at 12 noon – Tea is served at 4 p.m.

Food is sourced locally whenever possible and all fruits are seasonal and fresh (please note: some vegetables shown on the menu may be substituted for alternatives when seasonally available).

IN GENERAL OUR CHILDREN EAT VERY WELL WHEN IN THE COMPANY OF OTHERS, IF THEY DON'T WE WILL TELL YOU.

Our children are usually hungry at tea time, so tea portions are generous, and therefore children will only need a snack at home before bed time.

If your child attends the setting all day, please tell us if you usually share a meal together at home in the evening, so we can work together on portion sizes at nursery, avoiding overfeeding and any associated problems this could lead to.