



Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, fruit, dried fruit, yoghurts. GL DA	Selection of cereals, fruit, dried fruit, yoghurts. GL DA	Selection of cereals, fruit, dried fruit, yoghurts. GL DA	Selection of cereals, fruit, dried fruit, yoghurts. GL DA	Selection of cereals, fruit, dried fruit, yoghurts. GL DA
Lunch	Vegetable chilli, sweet potato wedges, sour cream dip. EG DA Orange slices	Chicken biryani finished with cucumber and coriander DA Melon and pineapple	Pitta fingers and hummus GL SE Seafood bake with lemon and parsley F GL DA	Bubble & squeak with Lincolnshire Sausages and onion gravy GL DA Mango and pineapple smoothie DA	Cheese straws and avocado dip GL EG DA Chicken Fajitas GL
Afternoon snack	Ricecakes and soft cheese DA	Vegetable sticks and dips GL	Crumpets and marmalade GL	Breadsticks and dips GL	Crackers and cheese GL DA
Afternoon tea	Creamy pea soup and chunks of crusty bread GL DA Yoghurts DA	Baked Potato halves with a cheese, mushroom and sweetcorn topping DA Watermelon and kiwi	Summer Caprese Salad GL DA Bananas and custard DA	Selection of sandwiches GL Satsumas	Panzanella with cold flaked salmon F GL Rice pudding DA



All our food is freshly prepared by our cook on a daily basis using all fresh ingredients. Copies of all our recipes are available from the Nursery Manager. Fresh drinking water is available for all children throughout the day

PN= Peanuts SD= Sulphur Dioxide SE= Sesame SF= Shellfish SY= Soya

CE= Celery DA= Dairy EG= Egg F=Fish GL= Gluten LU= Lupin MU= Mustard N= Nuts

