

MENU WEEK 3 : 13TH OCTOBER 2025 NURSERY

Allergy Key: **Gluten/wheat** , **Egg**, **Soya**, **Dairy**, **Fish**, **Mustard**, **Celery**, **Lupin** , **Peanuts/Other Nuts** , **Molluscs**, **Crustaceans** , **Sulphur Dioxide/Sulphites>10ppm**

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Age Dependent Raisins)	Selection of Cereals served with toast Bread: Wheat & Soya , Margarine, Rice Snaps, Cornflakes: Barley Weetabix: Wheat & Barley , Milk	Selection of Cereals served with Raisins Rice Snaps, Cornflakes: Barley Weetabix: Wheat & Barley , Milk , Raisins	Selection of Cereals served with toast Bread: Wheat & Soya Margarine, Rice Snaps, Cornflakes: Barley Weetabix: Wheat & Barley , Milk	Selection of Cereals served with apples/pears Rice Snaps, Cornflakes: Barley Weetabix: Wheat & Barley , Milk , Apples, Pears	Selection of Cereals served with toast Bread: Wheat & Soya , Margarine, Rice Snaps, Cornflakes: Barley Weetabix: Wheat & Barley , Milk
Lunch Main Dish	Creamy chicken, broccoli and pea pasta bake with sweetcorn and green beans	Cowboy Sausage Pie	Lamb con Carne with steamed rice	Spaghetti Bolognese served with grated cheese	Roast chicken dinner with diced potatoes and steamed mixed vegetables and Broccoli
Lunch Main Dish Ingredients	Chicken bake: Milk , Wheat Broccoli, chicken, peas, onion, garlic, white sauce, mixed herbs	Sausages: Pork Wheat , Sulphite , Roast Potatoes/ Croquette Potatoes: Gluten/wheat & Dairy , tomatoes, Baked Beans	Lamb, onion, garlic, mixed beans, tomato, mixed vegetables, spices	Minced Beef, Tomatoes, Onion, Paprika, Garlic, Mild Chilli powder, passata, Mixed Vegetables (Green beans, Peas, Carrots, Sweetcorn, Broccoli, Cauliflower) Italian Herbs, Spaghetti Pasta , Cheddar Cheese	Roast chicken, gravy, diced potatoes, Carrot, Peas, Green Beans, Sweetcorn, Broad Beans, Broccoli
Vegetarian/ Alternative Options	Creamy Vegetable and mixed bean pasta bake with sweetcorn and green beans Vegetable Bake: Milk , Wheat Broccoli, peas, onion, garlic, white sauce, mixed herbs	Vegetarian Sausage Pie Meat free sausages: Wheat & Soya , Roast Potatoes/ Croquette Potatoes: Gluten/wheat & Dairy , tomatoes, Baked Beans	Mixed Bean and soya mince chilli with steamed rice Soya mince , Onion, garlic, mixed beans, tomato, mixed vegetables, spices	Vegetarian Bolognese Vegetarian Mince, Soya , Egg , Wheat Tomatoes, Onion, Paprika, Garlic, Mild Chilli powder, passata, Italian Herbs, Mixed Vegetables (Green beans, Peas, Carrots, Sweetcorn, Broccoli, Cauliflower) Spaghetti Pasta , Cheddar Cheese	Roast Quorn fillet and mixed beans with diced potatoes and steamed mixed vegetables and Broccoli Quorn Fillet , gravy, diced potatoes, Carrot, Peas, Green Beans, Sweetcorn, Broad Beans, Broccoli
Lunch Side Dish	Whole Seasonal Fruit	Yoghurts	Whole Seasonal Fruit	Whole Seasonal Fruit	Cheese and crackers
Lunch Side Dish Ingredients	Whole Seasonal Fruit	Containing Milk , Cream	Whole Seasonal Fruit	Whole Seasonal Fruit	Crackers , Cheese
Afternoon Snack Please note children will still require an evening meal as tea is served at 3.30pm	Crackers and Cheese with pears/apples	Fruit Loaf Served with a selection of fruit	Tuna mayo and Cheese Sandwiches Served with a selection of fruit	Crumpets with Yoghurts	Carrot Waffles served with Spaghetti
Afternoon Snack Ingredients	Crackers , Dairy free spread, Cheddar Cheese , Apples, Pears	Fruit loaf:(Wheat/Gluten , Soya , Dairy), Dairy free spread, Bananas	Wholemeal & White Bread: Wheat , Soya , Dairy free spread, Tuna Fish , Mayo: Egg , Mustard , Cheddar Cheese	Crumpets , Dairy free spread, Yoghurt	Carrot Waffles, Spaghetti

Allergies	Alternatives will be served for children with allergies including the use of Dairy free Butter, No nuts, No egg/ Gluten free	Alternatives will be served for children with allergies including the use of Dairy free Butter, No nuts, No egg/ Gluten free	Alternatives will be served for children with allergies including the use of Dairy free Butter, No nuts, No egg/ Gluten free	Alternatives will be served for children with allergies including the use of Dairy free Butter, No nuts, No egg/ Gluten free	Alternatives will be served for children with allergies including the use of Dairy free Butter, No nuts, No egg/ Gluten free
Babies	Under 16 months served a hot afternoon snack	Under 16 months served a hot afternoon snack	Under 16 months served a hot afternoon snack	Under 16 months served a hot afternoon snack	Under 16 months served a hot afternoon snack