

WEEK 4

Stoke Green

DAY NURSERY
FOOD MENU

Main meals & puddings

Monday - Jacket potatoes w/ variety of fillings & salad. **Allergens** - Fish & milk.

Pudding - Fruit salad.

Tuesday - Sausage & stuffing w/ new potatoes. **Allergens** - Soya. **Veg option** -

Vegetable lasagna. **Pudding** -

Homemade fruit cheesecake & cream.

Allergens - Milk

Wednesday - Chicken stuffing w/ new potatoes & mixed vegetable. **Vegetable option** - Quorn vegetable stuffing.

Allergens - Soya. **Pudding** - Fruit scones

Thursday - Homemade salmon fishcakes, parsley sauce w/ new potatoes.

Allergens - Fish, milk & eggs. **Vegetable option** - Vegetable bake. **Pudding** - Fruit yoghurts. **Allergens** - Eggs & gluten.

Friday - Chicken enchiladas w/ savoury rice & vegetables. **Allergens** - Fish, milk & eggs. **Vegetable option** - Quorn chicken enchiladas. **Pudding** - Fruit salad

Breakfast

A variety of cereals with fresh milk, continental options include muffins, pancakes, toast and fresh fruit

Allergens - Milk & Gluten, soya.

Snack

A variety of healthy snacks such as fruit smoothie, crackers, fruit bowl, vegetable sticks.

Allergens - Milk & gluten

High Tea

Monday - Pilchards w/ wholemeal bread and butter. **Allergen** - Fish.

Tuesday - Toasted teacakes & sliced fruit. **Allergens** - Eggs.

Wednesday - Toasted bagles & fresh fruit. **Allergens** - Eggs

Thursday - Ricecakes, cubed cheese & tomatoes. **Allergens** - Celery

Friday - Cheese & tomatoes toasties w/ vegetable sticks. bake. **Allergens** - Milk.