

Week 1	Breakfast	Snack	Lunch	Dinner
Monday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Wholemeal Penne Pasta with seasonal roasted vegetables in a tomato, basil and Parsley sauce served with baby carrots Contain: (Gluten, Celery) Butternut squash + Parsnip Yogurt and Mango Pulp Contain: (Dairy)	Muffin Pizza topped with mixed vegetables served with tangy apple slaw Contain: (Eggs, Dairy, Soya, Gluten, Mustard, Celery) Peas + Turnip Caramelised Pear tart Contain: (Gluten)
Tuesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Jacket potato served with chilli con carne and grated cheese Contain: (Celery, Dairy) Broccoli + Swede Apricot and date bars Contain: (Gluten, Dairy)	Spiced pumpkin and red pepper soup served with butternut squash bread contain: (Gluten, Celery, Dairy) Carrot + Cauliflower Tropical fruit salad
Wednesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Ultimate Chicken Cobbler with seasonal root vegetables and green beans, served with steamed baby corn contain: (Celery, Gluten) Courgette + sweetcorn Blackberry Mint Frozen Yogurt Contain: (Dairy)	Homemade sausage rolls served with baked beans Contain: (Gluten, Eggs, Sulphites) Butternut squash + Parsnip Homemade pancakes and banana Contain: (Gluten, Eggs, Dairy)
Thursday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Beef, sweet potato and turnip curry served with homemade butternut squash bread Contain: (Gluten, Celery, Dairy, Mustard) Sweet Potato + Marrow Tropical fruit salad	Macaroni cheese with fried vegetables Contain: (Gluten, Dairy) Parsnip + Peas Spiced apple and oat cookie contain: (Gluten, Dairy, Eggs)
Friday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Fish pie with leeks and peas served with steamed broccoli contain: (Dairy, Gluten, Fish) Carrot + Broccoli Custard and white chocolate biscuit Contain: (Gluten, Dairy, Egg)	Stuffed Yorkshire pudding with spanish chicken and mixed vegetables served with baked beans contain: (Gluten, Eggs, Dairy) Green Beans + Butternut Squash Seasonal fruit platter

Autumn/Winter Menu 2019/2020

Advantage
Childrens Day Nursery

Fresh produced food daily onsite
Vegetarian and all dietaries available
Happy to support local Suppliers

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Week 2	Breakfast	Snack	Lunch	Dinner
Monday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Chilli con carne served with steamed rice and peas & sweetcorn Contain: (Celery)</p> <p>Broccoli + Peas Greek style yogurt with strawberry blend Contain: (Dairy)</p>	<p>Roasted Butternut squash, carrot and Parsnip Soup served with Homemade crusty Bread Contain: (Celery, Gluten, Dairy)</p> <p>Swede + Carrots Seasonal Fruit Platter</p>
Tuesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Spaghetti served with roasted cod, tomato, fennel and coriander sauce and sliced green beans Contain: (Gluten, celery, Fish)</p> <p>Butternut squash + Parsnip Banana and blueberry oat muffins Contain: (Gluten, Egg, Dairy)</p>	<p>Homemade Calzone with shredded chicken, cheese and sweetcorn Contain: (Dairy, gluten, Egg)</p> <p>Sweet potato + cauliflower</p> <p>Lemon and ginger shortbread Contain: (Gluten, dairy)</p>
Wednesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Beef stew with winter root vegetables and herby dumplings, served with steamed babycorn Contain: (Gluten, celery)</p> <p>Beans + Carrots Tropical Fruit Salad</p>	<p>Chicken Fajitas served with wholemeal wrap, cheese and tangy apple slaw Contain: (Gluten, Dairy, Celery, Mustard, Egg)</p> <p>Parsnip + Courgette Banana Flapjack Contain: (Dairy, Gluten)</p>
Thursday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Aromatic Sweet chicken curry served with rosemary & Thyme crusty bread Contain: (Celery, Mustard)</p> <p>Cauliflower + Potato Spiced Apple & pear crumble with custard Contain: (Dairy, Gluten)</p>	<p>Jacket Potato served with Baked beans and cheese Contain: (Dairy)</p> <p>Sweetcorn + butternut squash Greek style yogurt and raspberry blend Contain: (Dairy)</p>
Friday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Shepherds pie with grated marrow, courgette and butternut squash served with broccoli Contain: (Celery)</p> <p>Peas + sweetcorn Rhubarb and orange slice s Contain: (Dairy, Gluten, Eggs)</p>	<p>Macaroni cheese with roasted aubergine, leeks and spring onion contains: (Gluten, Dairy)</p> <p>Sweet potato + Parsnip</p> <p>Fresh fruit salad</p>

Week 3	Breakfast	Snack	Lunch	Dinner
Monday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Roasted Turkey served with roasted potatoes, gravy and steamed vegetables contain: (Celery) Butternut squash + Parsnip Beetroot and chocolate Cake Contain: (Gluten, Dairy, Egg)	Wholemeal Penne Pasta with seasonal roasted vegetables in a tomato, basil and Parsley sauce contain: (Gluten, Celery) Broccoli + carrots Seasonal fruit platter
Tuesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Beef lasagne with shredded squash and courgette served with homemade Garlic Bread contain: (Celery, Dairy, Gluten) Courgette + sweet potato Fruity Flapjack Contain: (Gluten, Dairy)	Cod Fingers served with baked beans Contain: (Gluten, Fish) Swede + Parsnip Banana oatmeal pancake with homemade strawberry and lime coulis Contain: (Dairy, Eggs, Milk)
Wednesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Bowtie pasta served with roasted spring/summer vegetables in a sweet potato and red pepper sauce + Babycorn Contain: (Celery, Dairy, Gluten) Carrot + cauliflower Fresh Fruit salad	Muffin Pizza topped with mixed vegetables served with tangy apple slaw Contain: (Celery, dairy, soya, gluten, Egg, Mustard) Potato + sweetcorn Organic yogurt and mango pulp Contain: (Dairy)
Thursday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Chicken and barley Hotpot filled with root vegetables, served with double cooked baby potatoes + green beans contain: (Celery) Sweet potato + Broccoli Strawberry jelly	Spiced Thai carrot, red pepper and coconut soup served with Homemade crusty bread Contain: (Celery, Dairy, Gluten) Butternut squash + white beans Seasonal fruit platter
Friday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Moroccan lamb stew with steamed rice and Baby carrots contain: (Celery) Parsnip + Peas Spiced Pumpkin pie contain: (Gluten, dairy, Eggs)	Chicken and apricot rolls served with baked beans contain: (Gluten, Sulphites, Eggs) Carrots + Potato Tropical Fruit Salad

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Week 4	Breakfast	Snack	Lunch	Dinner
Monday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Spaghetti Bolognese with grated marrow and courgette served with steamed carrots contains: (Gluten, Celery) Swede + Carrots Coconut flapjack Contain: (Gluten, Dairy,)	Wholemeal sandwich selection with ham, cheese and cucumber + vegetable sticks Contain: (Dairy, gluten, Soya) Broccoli + Peas Organic yogurt with berry compote Contain: (Dairy)
Tuesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Lamb stroganoff served with infused rice and steamed Broccoli contain: (Gluten, dairy) Sweet potato + cauliflower Fresh fruit salad	Jerk Chicken served with wholemeal wrap, grated cheese and red pepper and apple slaw Contain: (Gluten, Dairy, Celery, Mustard, Egg) Butternut squash + Parsnip Choc chip cookies Contain: (Dairy, Eggs, Gluten)
Wednesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Creamy Ham, leek and mushroom pasta bake served with baby corn contain: (Gluten, dairy) Parsnip + Courgette Rhubarb & Blackberry Crumble served with custard contains: (Dairy, Gluten)	Salmon fingers served with baked beans contain: (Fish, Gluten) Beans + Carrots Seasonal fruit platter
Thursday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Lightly herbed sausages with mash potatoes, steamed vegetables and homemade gravy Contain: (Dairy, Gluten, Sulphites) Sweetcorn + butternut squash Pear and blueberry frozen yogurt Contain: (Dairy)	Celeriac, leek and courgette Soup with sundried tomato and olive Crusty bread contain: (Celery, Dairy, Gluten) Cauliflower + Potato Cranberry and raisin oat muffins Contain: (Gluten, Dairy, Egg)
Friday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Macaroni cheese with fried spring/summer vegetables contain: (Gluten, dairy) Sweet potato + Parsnip Sweet potato and orange biscuit Contain: (Gluten)	Homemade cheese bread with butternut squash, served with baked beans and sliced cucumber Contain: (Dairy, gluten) Peas + sweetcorn Fresh fruit salad

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