

# Little Troopers Day Nursery Weekly Refreshment

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> A selection of wholegrain and low sugar cereals (wheat biscuits, dried fruit and flake mix, porridge) wholemeal toast with sugar free jams, margarine or marmite						
Organic Milk Provision offered by age: 10-11 months – Formula milk (or mother's own expressed milk), 12mth-2 years whole cow's milk, 2yrs +plus semi skimmed milk (alternative milks offered goat's milk or soya milk)						
MORNING SNACK	Food	<b>Banana and mango slices with apple rice cakes*.</b> Main ingredients: Banana, mango, apple rice cakes [pear & apple juice concentrate, <b>whole grain brown</b> and <b>white rice</b> ]. (G)	<b>Banana and apple slices with cream crackers*.</b> Main ingredients: banana, apple, cream crackers: [ <b>wheat flour</b> and sunflower oil]. (G, WH)	<b>Banana and kiwi slices with raspberry and blueberry rice cakes*.</b> Main ingredients: banana, kiwi, rice cakes: [ <b>white</b> and <b>wholegrain brown rice</b> , raspberry, blueberry]. (G)	<b>Banana and pear slices with cream crackers*.</b> Main ingredients: pear, banana, cream crackers: [ <b>wheat flour</b> and sunflower oil]. (G, WH)	<b>Banana and orange slices with apple rice cakes*.</b> Main ingredients: Banana, orange, rice cakes: [pear & apple juice concentrate, <b>whole grain brown</b> and <b>white rice</b> ]. (G)
	Drink	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water
LUNCH	Food	<b>Tuna Ratatouille or Ratatouille with baked potato and grated cheese.</b> Main ingredients: <b>tuna</b> , tomatoes, onions, garlic, courgettes, aubergines potatoes, <b>cheese</b> , <b>pasta</b> . (F, G, DA)	<b>Four bean Mexican stew with brown rice*.</b> Main ingredients: Red kidney beans, black turtle beans, haricot white beans, pinto beans, <b>celery</b> , carrots, onion, tomato, oregano, sweet paprika, garlic, maize oil and <b>brown rice</b> . (CE, G)	<b>Beef or vegetable spaghetti bolognese with broccoli and garlic bread*.</b> Main ingredients: lean minced beef (5%), onion, tomato, <b>celery</b> , carrots, garlic, dried herbs, <b>Quorn mince*</b> (vegetarian option), vegetable stock*, <b>whole wheat pasta</b> , <b>whole meal flour</b> , parsley, water, yeast. (CE, G, WH, E* in Quorn)	<b>Chicken or cauliflower tikka masala with coconut rice and Coriander &amp; garlic naan bread*.</b> Main ingredients: chicken breast, cauliflower, <b>coconut milk*</b> , <b>rice</b> , carrots, butternut squash, <b>milk</b> , <b>flour</b> , garam masala powder*. (DA, G, WH)	<b>Beef or Quorn* cottage pie with carrots and peas</b> Main ingredients: lean minced beef (5%), <b>potatoes</b> , onion, garlic, dried herbs, carrots, tomatoes, <b>peas</b> , <b>milk</b> , <b>Quorn mince</b> (vegetarian option) [Mycoprotein™ (95%), rehydrated free range <b>egg white</b> ]. (G, DA, LU, SY, E* in Quorn)
	Drink	Water	Water	Water	Water	Water
SNACK	Food	<b>Cream crackers* with cheese, tomato and apple slices.</b> Main ingredients: tomatoes, apple, Cream Crackers [ <b>wheat flour</b> , <b>cow's milk</b> ], <b>cheddar cheese</b> . (DA, G, WH)	<b>Carrot cake and oatmeal cookies with apple slices.</b> Main ingredients: carrot, <b>oats</b> and apple, <b>whole meal flour</b> , <b>egg</b> . (G, DA, WH, E)	<b>Crispbread* or rice cakes* with ricotta, strawberries &amp; apple slices.</b> Main ingredients: <b>Ricotta cheese</b> , <b>milk</b> , crispbread [ <b>rice flour</b> , low salt], strawberries and apple. (G, DA)	<b>Banana and blueberry whole meal muffins with apple.</b> Main ingredients: banana, blueberries, apple, <b>wholemeal flour</b> , <b>egg</b> . (G, WH, E)	<b>Rye crispbread* with cottage cheese, kiwi and apple.</b> Main ingredients: <b>cottage cheese</b> , kiwi, apple and rye crisp bread [ <b>whole grain rye flour</b> (98%), low salt], (G, DA, WH)
	Drink	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water
HIGH TEA	Food	<b>Homemade Cheesy scones with cucumber and melon.</b> Main ingredients: <b>Cheese</b> , <b>flour</b> , <b>egg</b> , <b>milk</b> , <b>butter</b> , cucumber, melon (G, DA, E,)	<b>Wholemeal vegetable pizza with a fruit and vegetable platter.</b> Main ingredients: <b>Wholemeal flour</b> , yeast, water, tomato, onion, garlic, oregano, <b>cheddar cheese</b> , melon, pineapple, strawberries, cucumber, carrot. (G, DA)	<b>Tuna, houmous* or cheese filled wholemeal wraps* with a fruit and vegetable platter.</b> Main ingredients: <b>Tuna</b> , <b>cheddar cheese</b> , <b>houmous</b> , wholemeal wraps* [ <b>wholemeal flour</b> ], melon, pineapple, strawberries, cucumber, carrot. (F, DA, G, WH)	<b>Crumpets with fruit and vegetable platter.</b> Main ingredients: <b>Wheat Flour</b> , Calcium Carbonate, Iron, Niacin, Thiamin, Water, Spirit Vinegar, Sugar, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Yeast, Salt, Preservative (Potassium Sorbate). (G, WH)	<b>Wholemeal spinach and cheese potato cakes with cream cheese* and a fruit and vegetable platter.</b> Main ingredients: <b>Wholemeal flour</b> , <b>potato</b> , spinach, <b>cheese</b> , <b>cream cheese</b> , <b>egg</b> , melon, pineapple, strawberries, cucumber, carrots. (G, E, SY, DA)
	Drink	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water
<b>WATER</b>		Water is freely available throughout the day.				
<b>ORANGE GROUP</b>		The weekly menu is adapted to meet the needs of our youngest children. Food will be mashed, chopped, cut into bite size pieces or sliced and consumption carefully supervised.				
<b>ALLERGIES</b>		Children with allergies and/or food intolerances are provided with a tailored version of the regular menu to suit their individual needs. Follow our allergen key which identifies known allergens: KEY: GLUTEN - G ALL SHELLFISH - SF EGG - E FISH - F TREE NUTS - N PEANUTS - PN SOYA - SY DAIRY - DA CELERY - CE MUSTARD - MU SESAME - SE SULPHITES - SU LUPIN - LU WHEAT - WH				
<b>DIETARY REQUEST</b>		Where a child has a dietary request such as 'no pork' or other meat, they will be offered vegetarian options at every meal.				
<b>*SUPPLIER MADE PRODUCTS</b>		Our chef prepares the majority of snacks and meals from fresh on site at our nursery. However, where an * appears, these are items that are supplier bought products and are not made on site at our nursery. Supplier bought product ingredients are always checked before use to ensure that there are no changes to the ingredients. A list of our supplier bought products, where they are sourced and their ingredients are held on file on site at our nursery. As these products are made off site we therefore cannot guarantee that they have not come into contact with known allergens where they have been produced. For reference, all supplier bought product packaging is kept for three days after use.				

# Little Troopers Day Nursery Weekly Refreshment

WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>BREAKFAST</b> A selection of wholegrain and low sugar cereals (wheat biscuits, dried fruit and flake mix, porridge) wholemeal toast with sugar free jams, margarine or marmite <b>Organic Milk Provision offered by age:</b> 10-11 months – Formula milk (or mother’s own expressed milk), 12mth-2 years whole cow’s milk, 2yrs +plus semi skimmed milk (alternative milks offered goat’s milk or soya milk)				
MORNING SNACK	Food	<b>Sliced banana and apple slices with cream crackers*.</b> Main ingredients: Banana, apple, <b>wheat flour</b> , sunflower oil, <b>barley</b> , salt 0.1g per cracker. (G, WH)	<b>Banana and kiwi slices with raspberry and blueberry rice cakes*.</b> Main ingredients: banana, kiwi, <b>wholegrain</b> brown and white rice, raspberry, blueberry, vanilla extract. (G, WH)	<b>Banana and orange slices with breadsticks*.</b> Main ingredients: Banana, orange, <b>wheat flour</b> , olive oil, <b>yeast</b> , <b>barley</b> , salt. (G, WH)	<b>Banana and mango slices with apple rice cakes*.</b> Main ingredients: Banana, mango, and <b>white rice</b> . (G)	<b>Banana and pear slices with cream crackers*.</b> Main ingredients: Banana, pear, <b>wheat flour</b> , sunflower oil, <b>barley</b> , salt (0.1g per cracker). (G, WH)
	Drink	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water
LUNCH	Food	<b>Linguine pasta* with buttery garlic courgettes, baby spinach, Red Leicester* cheese and steamed broccoli.</b> Main ingredients: <b>whole wheat pasta</b> , spinach, courgettes, garlic, <b>butter</b> , <b>cheese</b> , broccoli. (DA, G, WH)	<b>Beef or Quorn* stew, herb dumplings with mash potato and green beans.</b> Main ingredients: Lean minced beef (5%), Quorn pieces [Mycoprotein™ (95%), Rehydrated Free Range Egg White,], onions, <b>celery</b> , carrots, onions, garlic, swede, turnip, <b>flour</b> , veg suet, potatoes, <b>milk</b> , <b>green beans</b> , vegetable stock. (G, DA, CE, LU, WH, E* in Quorn, CE* in vegetable stock)	<b>Baked orzo pasta* with plum tomatoes and baby spinach and roasted carrots.</b> Main ingredients: <b>Orzo pasta</b> , plum tomatoes, tomatoes, spinach, carrots, onions, garlic, <b>feta cheese</b> , oregano. (G, DA, WH)	<b>Salmon or butternut squash carbonara.</b> Main ingredients: <b>Salmon</b> , butternut squash, <b>cream</b> , <b>pasta</b> , garlic, leeks, carrots, spinach, courgettes, <b>parmesan</b> . (F, G, DA, WH)	<b>Jacket potatoes with vegetable ratatouille and grated cheese.</b> Main ingredients: black beans, carrots, onions, <b>celery</b> , garlic, peppers, sweetcorn, tomatoes oregano, smoke paprika, coriander, potatoes, <b>cheese</b> . (CE, DA)
	Drink	Water	Water	Water	Water	Water
SNACK	Food	<b>Banana &amp; cinnamon whole meal muffins with apple slices.</b> Main ingredients: Banana, cinnamon, <b>whole meal flour</b> , <b>eggs</b> , plum, water, vegetable oil. (G, DA, WH, E)	<b>Crispbread* or rice cake*s with ricotta*, kiwi and apple slices.</b> Main ingredients: <b>Rice flour</b> , <b>maize flour</b> , salt, sugar, <b>white rice</b> , <b>ricotta*</b> , apple, kiwi. (G, DA, WH)	<b>Banana &amp; Wheat biscuit* cookies with apple slices.</b> Main ingredients: banana, apple, <b>Wheat biscuits*</b> , <b>eggs</b> , cinnamon. (WH, G, DA, E)	<b>Rye crispbread* or rice cakes* with cottage cheese*, peach and apple slices.</b> Main ingredients: Peach, apple, <b>white rice</b> , <b>whole grain rye flour</b> , <b>maize flour</b> , salt, sugar, <b>cottage cheese</b> . (G, DA, WH)	<b>Date &amp; oatmeal cookies with apple slices.</b> Main ingredients: Dates, <b>oats</b> , <b>whole meal flour</b> , <b>eggs</b> , raisins, apple. (G, DA, WH, E)
	Drink	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water
HIGH TEA	Food	<b>Wholewheat pitta bread* with tzatziki, houmous*, ham* and cheese* with a fruit &amp; vegetable platter.</b> Main ingredients: <b>Whole wheat pitta bread</b> , <b>Greek yoghurt</b> , cucumber, black pepper, houmous*, ham*, <b>cheese*</b> , cucumber, carrots, melon, pineapple, and strawberries. (DA, WH, G, LU)	<b>Italian scones</b> Main ingredients: <b>Parmesan Cheese</b> , <b>flour</b> , <b>egg</b> , <b>milk</b> , <b>butter</b> , <b>sundried tomatoes</b> , <b>oregano</b> with cucumber and melon. (G, E, DA,)	<b>Whole meal bread roll* with ham*, gouda*, guacamole and a fruit and vegetable platter.</b> Main ingredients: <b>whole meal bread roll*</b> , ham*, gouda*, avocado, lime, olive oil, melon, pineapple, strawberries, cucumber, carrot, vitalite spread. (G, WH, DA)	<b>Ham and cheese croissants with cucumber, carrots and melon.</b> Main Ingredients: <b>Ham</b> , <b>Cheese</b> , <b>Wheat Flour (Wheat Flour</b> , Calcium Carbonate, Iron, Niacin, Thiamin), Butter ( <b>Milk</b> ) (18%), Water, Sugar, Yeast, Salt, Pasteurized <b>Egg</b> , Flour Treatment Agent (Ascorbic Acid). <b>(G, WH, DA,)</b>	<b>Whole meal bread* sandwich selection with a fruit and vegetable platter.</b> Main ingredients: bread*, tuna*, <b>cheddar cheese*</b> , <b>cream cheese*</b> , ham*, <b>houmous*</b> , <b>melon</b> , <b>pineapple</b> , strawberries, carrot and cucumber. (F, G, WH, DA,, LU)
	Drink	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water	Organic Milk or water
<b>WATER</b>		Water is freely available throughout the day.				
<b>ORANGE GROUP</b>		The weekly menu is adapted to meet the needs of our youngest children. Food will be mashed, chopped, cut into bite size pieces or sliced and consumption carefully supervised.				
<b>ALLERGIES</b>		Children with allergies and/or food intolerances are provided with a tailored version of the regular menu to suit their individual needs. Follow our allergen key which identifies known allergens: KEY: GLUTEN - G ALL SHELLFISH - SF EGG – E FISH - F TREE NUTS – N PEANUTS – PN SOYA – SY DAIRY – DA CELERY – CE MUSTARD – MU SESAME – SE SULPHITES – SU LUPIN – LU WHEAT-WH				
<b>DIETARY REQUEST</b>		Where a child has a dietary request such as ‘no pork’ or other meat, they will be offered vegetarian options at every meal.				
<b>*SUPPLIER MADE PRODUCTS</b>		Our chef prepares the majority of snacks and meals from fresh on site at our nursery. However, where an * appears, these are items that are supplier bought products and are not made on site at our nursery. Supplier bought product ingredients are always checked before use to ensure that there are no changes to the ingredients. A list of our supplier bought products, where they are sourced and their ingredients are held on file on site at our nursery. As these products are made off site we therefore cannot guarantee that they have not come into contact with known allergens where they have been produced. For reference, all supplier bought product packaging is kept for three days after use.				

# Little Troopers Day Nursery Weekly Refreshment

WEEK 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> A selection of wholegrain and low sugar cereals (wheat biscuits, dried fruit and flake mix, porridge) wholemeal toast with sugar free jams, margarine or marmite						
<b>Milk Provision offered by age:</b> 10-11 months – Formula milk (or mother’s own expressed milk), 12mth-2 years whole cow’s milk, 2yrs +plus semi skimmed milk (alternative milks offered goat’s milk or soya milk)						
<b>MORNING SNACK</b>		<b>Banana and orange slices with Breadsticks*.</b> Main ingredients: Banana, orange, <b>wheat flour</b> , olive oil, <b>yeast, barley</b> , salt. (G, WH)	<b>Banana and mango slices with apple rice cakes*.</b> Main ingredients: Banana, mango, and <b>white rice</b> . (G)	<b>Banana and apple slices with cream crackers*.</b> Main ingredients: Banana, apple, <b>wheat flour</b> , sunflower oil, <b>barley</b> , salt 0.1g per cracker. (G, WH)	<b>Banana and kiwi slices with raspberry and blueberry rice cakes*.</b> Main ingredients: banana, kiwi, <b>wholegrain</b> brown and <b>white rice</b> , raspberry, blueberry, vanilla extract. (G, WH)	<b>Banana and pear slices with cream crackers*.</b> Main ingredients: Banana, pear, <b>wheat flour</b> , sunflower oil, <b>barley</b> , salt (0.1g per cracker). (G, WH)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
<b>LUNCH</b>	Food	<b>One pot vegetarian stew with dumplings and green beans.</b> Main ingredients: carrots, swede, onions, garlic, butternut squash, parsley, <b>flour</b> , vegetable suet*, green beans. (G, WH, LU)	<b>Chicken or vegetable tagine with savory cous cous*.</b> Main ingredients: chicken, onions, garlic, prunes, aubergines, pepper, carrots, sweetcorn, <b>cous cous</b> , ground mix spice*. (G, WH)	<b>Tuna or mushroom in a ratatouille sauce with whole wheat spirelli pasta and peas.</b> Main ingredients: <b>Tuna</b> , mushrooms, garlic, onions, tomatoes, peppers, <b>courgetti, pasta, cheese, peas</b> . (F, G, WH, DA, LU)	<b>Beef or vegetable spaghetti* bolognese with broccoli and garlic bread.</b> Main ingredients: Lean mince beef, (5%), onions, <b>celery</b> , carrots, garlic, dried herbs, tomatoes, (vegetarian option) Quorn mince* [Mycoprotein™ (92%), Rehydrated Free Range <b>Egg White</b> ], <b>whole wheat pasta. Whole meal flour</b> , yeast, <b>parmigiana</b> . (CE, G, WH, DA, E)	<b>Vegetarian chili with roasted sweet potatoes and Caribbean rice.</b> Main ingredients: mushrooms, courgettes, carrots, onion, garlic, tomatoes, aubergines, smoked paprika, peppers, sweet potatoes, rice.
	Drink	Water	Water	Water	Water	Water
<b>SNACK</b>	Food	<b>Carrot and oatmeal biscuits with apple.</b> Main ingredients: carrot, <b>oat, whole meal flour, eggs</b> . (G, WH, E,)	<b>Cream crackers* with cheese, tomato and apple slices.</b> Main ingredients: tomatoes, apple, <b>cow’s milk, cheddar cheese</b> . (DA, G)	<b>Banana and raspberry whole meal muffins with apple slices.</b> Main ingredients: banana, raspberry, apple, <b>whole meal flour</b> . (G)	<b>Rye crispbread* with cottage cheese, blueberries and apple.</b> Main ingredients: <b>cottage cheese</b> , blueberry’s, apple and <b>rye flour</b> . (G, DA)	<b>Rye crisp bread* with ricotta, strawberries and apple slices.</b> Main ingredients: <b>Ricotta cheese, milk</b> , strawberries and apple. (G, DA)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
<b>HIGH TEA</b>	Food	<b>Whole meal sundried tomato potato cakes with cream cheese and a fruit and vegetable platter.</b> Main ingredients: <b>Sundried tomatoes, whole meal flour, potato</b> , spinach, <b>cheese, cream cheese, egg</b> , melon, pineapple, strawberries, cucumber, carrot. (G, E, SY, DA)	<b>Toasted muffins:</b> Main ingredients: <b>Whole meal Wheat Flour, Water, Semolina (Wheat), Wheat Gluten, Rapeseed Oil, Sugar, Yeast, Salt, Wheat Flour</b> . (G, WH)	<b>Tuna, houmous* or cheese filled whole meal wraps* with a fruit and vegetable platter.</b> Main ingredients: <b>Tuna, cheese, houmous*</b> , melon, pineapple, strawberries, cucumber, carrot. (F, DA, G, WH, LU)	<b>Whole meal vegetable pizza with a fruit &amp; vegetable platter.</b> Main ingredients: <b>Whole meal flour</b> , yeast, water, tomato, onion, garlic, oregano, <b>cheese</b> , melon, pineapple, strawberries, cucumber, carrot. (G, DA, WH)	<b>Cheesy scones with a fruit and vegetable platter.</b> Main ingredients: <b>Cheese, flour, egg, milk, butter</b> . (DA, G, E,)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
<b>WATER</b>		Water is freely available throughout the day				
<b>ORANGE GROUP</b>		The weekly menu is adapted to meet the needs of our youngest children. Food will be mashed, chopped, cut into bite size pieces or sliced and consumption carefully supervised.				
<b>ALLERGIES</b>		Children with allergies and/or food intolerances are provided with a tailored version of the regular menu to suit their individual needs. Follow our allergen key which identifies known allergens: KEY: GLUTEN - G ALL SHELLFISH - SF EGG – E FISH - F TREE NUTS – N PEANUTS – PN SOYA – SY DAIRY – DA CELERY – CE MUSTARD – MU SESAME – SE SULPHITES – SU LUPIN – LU WHEAT-WH				
<b>DIETARY REQUEST</b>		Where a child has a dietary request such as ‘no pork’ or other meat, they will be offered vegetarian options at every meal.				
<b>*SUPPLIER MADE PRODUCTS</b>		Our chef prepares the majority of snacks and meals from fresh on site at our nursery. However, where an * appears, these are items that are supplier bought products and are not made on site at our nursery. Supplier bought product ingredients are always checked before use to ensure that there are no changes to the ingredients. A list of our supplier bought products, where they are sourced and their ingredients are held on file on site at our nursery. As these products are made off site we therefore cannot guarantee that they have not come into contact with known allergens where they have been produced. For reference, all supplier bought product packaging is kept for three days after use.				

# Little Troopers Day Nursery Weekly Refreshment

WEEK 4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>		A selection of wholegrain and low sugar cereals (wheat biscuits, dried fruit and flake mix, porridge) wholemeal toast with sugar free jams, margarine or marmite				
		Milk Provision offered by age: 10-11 months – Formula milk (or mother’s own expressed milk), 12mth-2 years whole cow’s milk, 2yrs +plus semi skimmed milk (alternative milks offered goat’s milk or soya milk)				
<b>MORNING SNACK</b>	Food	<b>Banana and kiwi slices with raspberry and blueberry rice cakes*.</b> Main ingredients: banana, kiwi, <b>wholegrain</b> brown and white rice, raspberry, blueberry, vanilla extract. (G, WH)	<b>Banana and orange slices with breadsticks*</b> Main ingredients: Banana, orange, <b>wheat flour</b> , olive oil, <b>yeast, barley.</b> (G, WH)	<b>Banana and mango slices with apple rice cakes*.</b> Main ingredients: Banana, mango, and <b>white rice.</b>	<b>Banana and pear slices with cream crackers*.</b> Main ingredients: Banana, apple, <b>wheat flour</b> , sunflower oil, <b>barley</b> , salt 0.1g per cracker. (G, WH)	<b>Banana and apple slices with bread sticks*.</b> Main ingredients: Banana, apple, <b>wheat flour</b> , sunflower oil, <b>barley.</b> (G, WH)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
<b>LUNCH</b>	Food	<b>Herby meatballs or meat free Swedish style balls* with a tomato sauce, peas &amp; saffron rice.</b> Main ingredients: minced beef (5%), onions, <b>chickpeas</b> , parsley, coriander, <b>potatoes</b> , garlic, tomatoes, <b>peas</b> , saffron rice. Meat Free Swedish Style balls* [Rehydrated <b>Pea Protein</b> (63%), herbs, <b>Pea flour</b> , <b>Barley</b> Malt Extract, <b>Pea Fibre</b> , Wholegrain <b>Oat</b> Flour, Potato Starch] (LU, G)	<b>Chicken or vegetarian pie with roasted carrots.</b> Main ingredients: chicken, leeks, onions, carrots, courgettes, garlic sweetcorn, <b>milk, flour</b> , potatoes. (DA, G)	<b>Sundried tomato pesto and courgette linguine* with broccoli and parmesan.</b> Main ingredients: sundried tomatoes, garlic, onions, sunflower seeds, courgettes, <b>linguine*</b> , olive oil, broccoli, <b>parmesan.</b> (G, WH, DA)	<b>Chicken or vegetable biryani with minted peas and roti.</b> Main ingredients: chicken breast, onions, garlic, peppers, courgette, curry powder*, rice, <b>peas</b> , mint, <b>ciabatta flour</b> , water. (G, WH, LU)	<b>Salmon and cauliflower or vegetarian macaroni cheese with seasonal green.</b> Main ingredients: salmon, <b>whole meal pasta</b> , leeks, <b>milk, flour, cheese</b> , garlic, onions, green cabbage, broccoli, <b>peas</b> , cauliflower. (F, G, DA)
	Drink	Water	Water	Water	Water	Water
<b>SNACK</b>	Food	<b>Date and oatmeal cookies with apple slices.</b> Main ingredients: Dates, <b>oats, whole meal flour, eggs</b> , raisins, apple. (G, DA, WH)	<b>Rye crisp bread* or rice cakes* with cottage cheese, peach and apple slices.</b> Main ingredients: Peach, apple, <b>white rice, whole grain rye flour, maize flour, cottage cheese*.</b> (G, DA, WH)	<b>Crispbread* with ricotta, strawberries and apple slices.</b> Main ingredients: <b>Ricotta cheese, milk</b> , strawberries and apple. (G, DA, WH)	<b>Banana and wheat biscuit cookies with apple slices.</b> Main ingredients: banana, apple, <b>Wheat biscuits*</b> , <b>eggs</b> , cinnamon. (WH, G, DA)	<b>Banana and cinnamon whole meal muffins with apple slices.</b> Main ingredients: Banana, cinnamon, <b>whole meal flour, eggs</b> , plums, water, vegetable oil. (G, DA, WH)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
<b>HIGH TEA</b>	Food	<b>Whole meal bread* sandwich selection with a fruit and vegetable platter.</b> Main ingredients: <b>Whole meal bread*</b> , <b>tuna*</b> , <b>cheddar cheese*</b> , <b>cream cheese*</b> , ham*, <b>houmous*</b> , melon, pineapple, strawberries, cucumber, carrot. (G, WH, F, DA, LU)	<b>Crumpets with a fruit and vegetable platter.</b> Main ingredients: <b>Wheat Flour</b> (Wheat <b>Flour</b> , Calcium Carbonate, Iron, Niacin, Thiamin), Water, Spirit Vinegar, Sugar, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Yeast, Salt, Preservative (Potassium Sorbate). (G, WH)	<b>Wholewheat pitta bread* with tzatziki, houmous*, ham* and cheese* and a fruit &amp; vegetable platter.</b> Main ingredients: <b>Whole wheat pitta bread*</b> , <b>Greek yoghurt</b> , cucumber, black pepper, <b>houmous*</b> ham*, <b>cheese</b> , melon, pineapple, strawberries, cucumber, carrot. (DA, WH, G)	<b>Italian scones with a fruit and vegetable platter.</b> Main ingredients: <b>Parmesan Cheese, flour, egg, milk, butter, sundried tomatoes, oregano.</b> (DA, G, E)	<b>Whole meal bread roll* with ham*, gouda*, guacamole and a fruit &amp; vegetable platter.</b> Main ingredients: <b>whole meal bread roll*</b> , ham*, vitalite*, <b>gouda</b> , avocado, lime, olive oil, melon, pineapple, strawberries, cucumber, carrot. (G, WH, DA)
	Drink	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
<b>WATER</b>		Water is freely available throughout the day.				
<b>ORANGE GROUP</b>		The weekly menu is adapted to meet the needs of our youngest children. Food will be mashed, chopped, cut into bite size pieces or sliced and consumption carefully supervised.				
<b>ALLERGIES</b>		Children with allergies and/or food intolerances are provided with a tailored version of the regular menu to suit their individual needs. Follow our allergen key which identifies known allergens: KEY: GLUTEN - G ALL SHELLFISH - SF EGG – E FISH - F TREE NUTS – N PEANUTS – PN SOYA – SY DAIRY – DA CELERY – CE MUSTARD – MU SESAME – SE SULPHITES – SU LUPIN – LU WHEAT- WH				
<b>DIETARY REQUEST</b>		Where a child has a dietary request such as ‘no pork’ or other meat, they will be offered vegetarian options at every meal.				
<b>*SUPPLIER MADE PRODUCTS</b>		Our chef prepares the majority of snacks and meals from fresh on site at our nursery. However, where an * appears, these are items that are supplier bought products and are not made on site at our nursery. Supplier bought product ingredients are always checked before use to ensure that there are no changes to the ingredients. A list of our supplier bought products, where they are sourced and their ingredients are held on file on site at our nursery. As these products are made off site, we therefore cannot guarantee that they have not come into contact with known allergens where they have been produced. For reference, all supplier bought product packaging is kept for three days after use.				