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| --- | --- | --- | --- | --- | --- |
| **WEEK ONE** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies(G)**  **Cereal selection** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies(G)**  **Eggs soldiers**  **(E, G)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies(G)**  **Smoked bacon & avocado croissant (M, E, G)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies(G)**  **Raspberry smoothie bowl** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies(G)**  **Cherry tomato mushroom scramble**  **(E, M)** |
| **Morning Snack** | **Pear and Melon** | **Plums and water melon** | **Apple and papaya** | **Banana and clementine** | **Mango and pear** |
| **Lunch** | **Carne cosida, served with sweet potato mash & peas**  **(C)** | **Lentil chilli served with black rice & sweet roasted cauliflower**  **(C)** | **Basil & cherry tomato orzo baked cod**  **(F, G, C)** | **Tagliatelle bolognaise**  **(G, E, C)** | **Grilled BBQ chicken jollof rice & green pepper & avocado salsa**  **(SO,** |
| **Dessert** | **Chocolate brownies**  **(M, E)** | **Mixed fruit salad** | **Pineapple and mint sorbet** | **Mixed fruit salad** | **Banana spiced bread**  **(E, M)** |
| **Afternoon Snack** | **Apple and pineapple** | **Baked tortilla crisps**  **(G)** | **Cucumber sticks and dried apricots** | **Organic unsalted rice cakes and raisins** | **Apple and cheddar bites** |
| **Tea** | **Spring veggie pasta bake**  **(G, M, C)** | **Tomato and ricotta tart served with honey mustard potato salad**  **(M, G, C, MU)** | **Sweet potato fritters served with chive sour cream**  **(E, M)** | **Quinoa vegetable soup served with homemade bread**  **(C)** | **Chorizo & Potato tacos**  **(G)** |

**Allergens listed**

Celery (c) EGGS (E) MILK (M) NUTS\* (N) SOYA (SO)

GLUTEN (G) FISH (F) MOLLUSCS (MO) PEANUTS\* (P) SULPHITES (SU)

CRUSTACIANS (CR) LUPIN (L) MUSTARD (MU) SEASAME\* (S)

PLEASE NOTE: \* WE ARE A NUT, PEANUT AND SEASAME SEED FREE NURSERY

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| **WEEK TWO** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Cereal selection** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Blue berry oat smoothie** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Sweet ricotta & honey pancakes**  **(G, M, E)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Spanish potato & chorizo tortilla**  **(G, E, M)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Bacon & poached eggs muffins**  **(G, E, M)** |
| **Morning Snack** | **Apple and plums** | **Pear and watermelon** | **Apple and pineapple** | **Banana and papaya** | **Apple and pear** |
| **Lunch** | **Grilled Peri-Peri chicken thighs, sweet potato chunks and tomato salsa** | **Panko fish sticks served with potato wedges & vegan tartare sauce**  **(F, G, E)** | **Classic beef lasagne served with garlic bread**  **(E, G, C, M)** | **Sweet potato, chickpea & spinach coconut curry served with brown rice** | **Vegetable pakoras served with naan bread and coriander chutney**  **(G, M)** |
| **Dessert** | **Margarita cupcakes**  **(E, M, G)** | **Mixed fruit salad** | **Peach parfait**  **(E, M)** | **Mixed fruit salad** | **Coconut water smoothie** |
| **Afternoon Snack** | **Cherry tomato and cheddar bites**  **(M)** | **Whole grain crackers and dried fruit** | **Melon and pear** | **Homemade chive breadsticks**  **(G)** | **Organic unsalted rice cakes and raisins** |
| **Tea** | **Turkey focaccia club**  **(G)** | **Chipolata sausage pizza** | **Beetroot & halloumi burgers**  **(E, M, G)** | **Spring minestrone soup & homemade bread**  **(G)** | **Potato & onion samosa slice**  **(G)** |

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| **WEEK THREE** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Smoked salmon & soft cheese croissant**  **(F, M, E, G)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Egg solders**  **(E, G)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Cottage cheese pancakes**  **(G, M, E)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Puff pastry breakfast tart**  **(G, E)** |
| **Morning Snack** | **Apple and mango** | **Water melon and pineapple** | **Papaya and pear** | **Banana and dried cranberries** | **Apple and pear** |
| **Lunch** | **Harissa grilled chicken served with Lebanese rice, mint lime and cucumber salad**  **(G)** | **Cocado served with sweet potato wedges**  **(C)** | **Chilli con carne served with long grain coriander rice**  **(C)** | **Grilled lamb and guacamole wraps** | **Caribbean chicken stew served with baby potatoes**  **(C, SO)** |
| **Dessert** | **Chocolate chip bread**  **(M, E, G)** | **Mixed fruit salad** | **Mango sorbet** | **Mixed fruit salad** | **Lemon yoghurt cake**  **(E,M)** |
| **Afternoon Snack** | **Organic unsalted rice cakes** | **Multi seed cracks and raisin**  **(G)** | **Apple and cheddar cheese**  **(M)** | **Crudités, garlic lime and chick pea dip** | **Plums and melon** |
| **Tea** | **Onion and cheddar potato cakes**  **(M, G)** | **Feta & sweetcorn fritters avocado and sundried tomato dip**  **(E, M, G)** | **Indian fish kofta sandwich**  **(G, M)** | **Honey fig & curd cheese tart**  **(G, M)** | **Three cheese macaroni**  **(G, M, MU)** |

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| **WEEK FOUR** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Breakfast** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Cereal selection** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Cheese & caramelised onion tart**  **(G, M)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Dutch baby pancake**  **(E, G, M)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Egg soldiers**  **(E, G)** | **Selection of Weetabix, Shreddies, Ready Brek Porridge or Rice Krispies**  **Mango and banana smoothie** |
| **Morning Snack** | **Pear and papaya** | **Apple and dried plums** | **Clementine and pear** | **Honeydew melon** | **Apple and melon** |
| **Lunch** | **Buttermilk chicken, purple potatoes**  **(M, G)** | **Seared salmon, roasted sweet potato and avocado salsa**  **(F)** | **Lamb moussaka served with garden peas**  **(M, C)** | **Lentil Dahl served with basmati rice and roasted broccoli**  **(C)** | **Chicken & mushroom in white sauce pasta**  **(M, G, E, MU)** |
| **Dessert** | **Apricot German cake**  **(G, M, E)** | **Mixed fruit salad** | **Coconut panna cotta & berry coulis**  **(M, E)** | **Mixed fruit salad** | **Red velvet cupcakes**  **(M, E, G)** |
| **Afternoon Snack** | **Homemade rosemary breadsticks and dried cranberries**  **(G)** | **Homemade chilli and smoked paprika breadsticks**  **(G)** | **Apple and pineapple** | **Wholegrain crackers and cucumber sticks** | **Cherry tomato and cheddar cheese**  **(M)** |
| **Tea** | **Bulgur with roasted vegetables**  **(G, C)** | **Greek chicken burgers**  **(G, M)** | **Tomato, water melon gazpacho & homemade bread**  **(G, C)** | **Colombian beef empanadas**  **(G, C)** | **Chorizo pizza calzone**  **(G, C)** |

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