



# NURSERY & PRE PREP MENU

## SUMMER 2024



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Arrabbiata Pasta (G) <small>May contain Ce, E</small>	Sweet Potato Falafel Homemade Houmous	Roast Chicken	Cheese & Tomato Pizza (G,Mk,So) <small>May contain E</small>	Cod Fish Fingers (F,G)
Vegetarian Option			Spicy Vegetable Pie (G,L)		Quorn Vegan Nuggets (G)
On the side	Garlic Bread (G, Mk) <small>May contain Ce, Mu, Se, So</small> Broccoli	Basmati Rice Sugar Snap Peas (L)	Roast Potatoes Fresh Baton Carrots	Diced Potato Baked Beans (L)	Chips Peas (L)
Something Sweet	Mini Chocolate Muffin (G, E, Mk,So)	Flapjack (G,Mk)	Apple Crumble & Cream (G,Mk)	Peaches & Custard (Mk)	Yogurt (Mk)
Fruit	Selection of Fresh Fruit available each day				



### ALLERGENS

Ce – Celery, Cr – Crustaceans, E – Egg, F – Fish, G – Cereals/Gluten, L- Lupin/Legumes, Mk – Milk, Mo – Molluscs, Mu – Mustard,  
N – Nuts, P – Peanuts, Se – Sesame Seeds, So – Soya, Su – Sulphur Dioxide





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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Sausage (G,Su)	Vegetable Spring Roll (Ce,G,So) <small>May contain Mu, Se</small>	Sundried Tomato & Basil Pasta(G) <small>May contain E</small>	Paneer (Mk) & Spinach Bombay Potato	Cod Fish Fingers (F,G)
Vegetarian Option	Vegan Cumberland Sausage(G)				Veggie Nuggets (G)
On the side	Diced Potato Peas (L)	Noodles (G) French Green Beans (L)	Sweetcorn	Basmati Rice Broccoli	Chips Peas (L)
Something Sweet	Chocolate Krispie Cake (Mk)	Frozen Yogurt (Mk)	Vanilla Ice Cream (Mk)	Strawberry Gateaux (Mk,G,E)	Frube (Mk)
Fruit	Selection of Fresh Fruit available each day				



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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Spaghetti Puttanesca (G) <small>May contain E, Ce</small>	Dhal (L) Vegetable Samosas (G, L, So)	Chicken Burger (G,E,)	Cheesy Jacket Potato (Mk)	Cod Fish Fingers (F, G)
Vegetarian Option			Veggie Plant Burger (L)		Quorn Dippers (G)
On the side	Sweetcorn	Basmati Rice French Green Beans (L)	Soft Roll (G) <small>May contain E, Mk, So</small> Salad	Baked Beans (L)	Chips Peas (L)
Something Sweet	Mango Smoothie	Vanilla Ice Cream & Chocolate Sauce (Mk)	Honeydew Melon	Homemade Shortbread (G,Mk)	Yogurt (Mk)
Fruit	Selection of Fresh Fruit available each day				



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