

WEEK ONE MENU

The Croft Day Nursery



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	A selection of cereal, fruit and toast is provided with milk & water				
AM SNACK	A mixture of fruit and carbohydrate with milk and water – Snack Menu available to view				
LUNCH	<p>MAIN Spaghetti Bolognese or VEGETARIAN Lentil Bolognese - DESSERT Plain Yoghurt with Pineapple</p>	<p>STARTER Carrot and Cucumber Sticks with Hummus - MAIN Chicken and Vegetable Pasta Bake or VEGETARIAN Bean and Vegetable Pasta bake</p>	<p>MAIN Chickpea and Vegetable Curry with Rice - DESSERT Rice Pudding with grated Apple</p>	<p>STARTER Tomato and Basil Soup - MAIN Baked White Fish, new Potatoes and Green Beans or VEGETARIAN Vegetable Patties</p>	<p>MAIN Roasted Vegetable and Bean Traybake with Potatoes - DESSERT Fresh Seasonal Fruit</p>
ALLERGIES	G,M	G,M	C,M	C,E,F,G,M	C
TEA	<p>STARTER Vegetable Sticks - MAIN Wholemeal Cheese and Tomato Sandwich</p>	<p>MAIN Salmon Fishcakes with Potato Wedges and Peas - DESSERT Fresh Fruit Slices</p>	<p>STARTER Hummus with Breadsticks/Toast - MAIN Baked Potato with Beans</p>	<p>MAIN Wholegrain Vegetable Pasta Bake - DESSERT Plain Yoghurt</p>	<p>STARTER Cucumber and Pepper Sticks - MAIN Cheese and Broccoli Pasta Bake</p>
ALLERGIES	G,M	F,G,E	SS,G	G,M	G,M

*Children with dietary needs or weaning are provided with a suitable alternative that is similar to the original meal.

ALLERGY KEY	C	G	CR	E	F	L	M	MO	MU	N	P	SS	SB	SD
	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya Beans	Sulphur Dioxide