For specific information regarding daily/weekly nutritional content please speak to your Nursery Chef or Nursery Manager

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast: A selection of cereals with warm or cold milk; toast with butter; also a selection of fruit available CG M | | | | | |
| Lunch | Homemade pineapple cheese pizza served with cucumber and sweetcorn salad CG M  [http://tse1.mm.bing.net/th?&id=OIP.M12aa609e162ef3182dbd719967a97123H0&w=300&h=199&c=0&pid=1.9&rs=0&p=0&r=0](http://www.bing.com/images/search?q=pineaaple++pizza&view=detailv2&&id=46A4F6784749BB2D1910CA7476CD40F927A6ADF7&selectedIndex=1&ccid=EqpgnhYu&simid=608049525022919994&thid=OIP.M12aa609e162ef3182dbd719967a97123H0) | Lamb and vegetables lasagne served with garlic bread  [http://tse1.mm.bing.net/th?&id=OIP.M1c78d6f96f4fb45f5a8bb9b56a44a2b4o0&w=270&h=161&c=0&pid=1.9&rs=0&p=0&r=0](http://www.bing.com/images/search?q=meat+lasagna+recipe+with+garlic+bread+&view=detailv2&&id=BD8E97F8B394AAB73EBF2BA0DE4B11354BA22DE9&selectedIndex=7&ccid=HHjW%2bW9P&simid=608012077208698892&thid=OIP.M1c78d6f96f4fb45f5a8bb9b56a44a2b4o0)CG M E  Red lentils and vegetables lasagne | Chicken and Butternut Squash Curry with Rice  Image result for Chicken and Butternut Curry  with Wholegrain Rice  Chickpea and butternut Squash Curry with Rice | Broccoi and cauliflower Cheese M | [http://tse1.mm.bing.net/th?&id=OIP.M8e28adb49838aa02661e3a3b298676a7o0&w=300&h=199&c=0&pid=1.9&rs=0&p=0&r=0](http://www.bing.com/images/search?q=fish+fingers,+potato+wedges++and+peas+&view=detailv2&&id=BCD5C27C4B9E078953CD008A568E21DD2550E764&selectedIndex=0&ccid=jiittJg4&simid=608047965948608951&thid=OIP.M8e28adb49838aa02661e3a3b298676a7o0)Fish fingers, chips and peas  F CG  Fishless fingers, chips and peas. |
| Desert | Semolina and raisin pudding CG M SD  C:\Users\radia\Pictures\semoulina.png | Yogurt M | Jelly and Ice cream  CG M E | Chocolate Brownies | Banana Loaf and custard  [https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSzqsDa438COewvCbX89Y97eS2YeDhr7VbE_deGMfApJ_WiFG-cBg](http://www.google.co.uk/imgres?imgurl=http://www.carolyns-cakes.co.uk/cake_images/banana_chocolate_loaf.jpg&imgrefurl=http://www.carolyns-cakes.co.uk/list.htm&h=535&w=802&tbnid=D4DYFAtgForLfM:&zoom=1&docid=Hnu1r_E2s9DoMM&ei=aMgeVISIKZHY7Ab12oDoCg&tbm=isch&ved=0CE0QMygiMCI&iact=rc&uact=3&dur=1182&page=3&start=29&ndsp=15) CG M E |
| Tea | Jollof Rice CG | Turkish red Lentil soup with cheesy homemade Scones CG M  http://goodtoknow.media.ipcdigital.co.uk/111/000001406/f0db/cheesy-red-onion-scones.jpg[http://tse1.mm.bing.net/th?&id=OIP.M37d1a12983e7d028e3e50937effaf89bo0&w=300&h=199&c=0&pid=1.9&rs=0&p=0&r=0](http://www.bing.com/images/search?q=turkish+red+lentil+sopu+with+scone&view=detailv2&&id=2BFD0C6BE367807F2D33FCBEC7E29F5C9D682C16&selectedIndex=6&ccid=N9GhKYPn&simid=608035119701691111&thid=OIP.M37d1a12983e7d028e3e50937effaf89bo0) | Image result for potato and sweetcorn bake Potato ad sweetcorn bake M | [http://tse1.mm.bing.net/th?&id=OIP.M50dafef9250b175276b893577d767313H0&w=300&h=170&c=0&pid=1.9&rs=0&p=0&r=0](http://www.bing.com/images/search?q=cheese+on+toast&view=detailv2&&id=6AB7EB0B10BABE5B030EA823DD48FB666BD5D0C1&selectedIndex=1&ccid=UNr%2b%2bSUL&simid=608054816430229596&thid=OIP.M50dafef9250b175276b893577d767313H0)Cheese on toast CG M | [http://tse1.mm.bing.net/th?&id=OIP.M3dec3755c8051f61c97cd6d385518d4bo0&w=219&h=153&c=0&pid=1.9&rs=0&p=0&r=0](http://www.bing.com/images/search?q=maccaroni+and+sweetcorn+bake+&view=detailv2&&id=1B6D3AF626A49A11DC6AFF6A2F4D90F4FEA21D95&selectedIndex=0&ccid=Pew3VcgF&simid=608035209894301175&thid=OIP.M3dec3755c8051f61c97cd6d385518d4bo0)Macaroni and sweet corn bake. CG M |

We always do our best to accommodate any specific dietary requirements and work closely with our parents to ensure every child is getting 100% of the nutrition they need whilst in our care.

We take care not to provide food containing nuts or nut products and are vigilant where we have a child who has a known allergy.

Seasonal fruit served after Lunch and Tea

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| P: Peanuts | SY: Soya | F: Fish | E: Egg | M: Milk | Mo: molluscs | L: lupin |
| C: Celery | CG: Cereal and Gluten | CR: crustacean shellfish | SS: Sesame Seeds | SD: Sulphur Dioxide | Mu: Mustard | N: nuts |