

Autumn Menu 01/09/2024-24/12/2024



Week 1	Monday Veggie Day	Tuesday British Favourites	Wednesday Roast Day	Thursday Around the World	Friday Fish Day
Breakfast 7.30-8.30	Selection of cereals, Weetabix, Honey Hoops, Rice Krispies, toast with butter or jam				
Snack 10.30	Fresh seasonal fruit platter, breadstick, rice cakes or toast				
Lunch 11.45-12.15	Sweet potato curry with rice	Pie and Mash (UK)	Roast turkey or quorn with roast potato, vegetables, stuffing and Yorkshire pudding	Vegetable Chinese noodles, sweet and sour chicken (China)	Fish fingers or veggie fingers with potato wedges and hoops
Starter/Dessert	Bananas and custard or fresh fruit	Melba toast with salad topping	Sugar free jelly and ice cream or vegan jelly and ice cream	Spring roll	Short bread
High Tea 3.30-4.30	Pasta with cheese and broccoli	Pitta with houmus and veggies sticks	Muffin Pizza and salad	Continental buffet: ham, cheese, crackers, melon and orange	Make your own sandwich with various toppings

Week 2	Monday Veggie Day	Tuesday British Favourites	Wednesday Roast Day	Thursday Around the World	Friday Fish Day
Breakfast 7.30-8.30	Selection of cereals, Weetabix, Honey Hoops, Rice Krispies, toast with butter or jam				
Snack 10.30	Fresh seasonal fruit platter, breadstick, rice cakes or toast				
Lunch 11.45-12.15	Pizza, pasta and salad	beef casserole, potatoes, veg (UK)	Roast pork or quorn with roast potato, vegetables, stuffing and Yorkshire pudding	BBQ chicken and rice (USA)	Fish cakes wedges, salad
Starter/Dessert	Sugar free jelly and ice cream or vegan jelly and ice cream	Crudités and dip	Cupcake or fresh fruit	Mozerella sticks	Bananas and custard or fresh fruit
High Tea 3.30-4.30	Pitta with humous and veggies sticks	Afternoon tea	Cheese and crackers apples	Cheesy beans on toast	Crumpets with veggie sticks

Week 3	Monday Veggie Day	Tuesday British Favourites	Wednesday Roast Day	Thursday Around the World	Friday Fish Day
Breakfast 7.30-8.30	Selection of cereals, Weetabix, Honey Hoops, Rice Krispies, toast with butter or jam				
Snack 10.30	Fresh seasonal fruit platter, breadstick, rice cakes or toast				
Lunch 11.45-12.15	Jacket potato with cheese and beans	Sausage and Mash onion gravy, veg (UK)	Roast chicken or quorn with roast potato, vegetables, stuffing and Yorkshire pudding	Pasta Bolognese (ITALY)	Fish fingers or veggie fingers with potato wedges and hoops
Starter/Dessert	Yoghurt and fresh fruit	Cheese bread twists	Bananas and custard or fresh fruit	Garlic bread	Sugar free jelly and ice cream or vegan jelly and ice cream or fresh fruit
High Tea 3.30-4.30	Homemade sandwiches	Continental buffet: ham, cheese, crackers, melon and orange	Crumpets with salad	Cheesy Beans on toast	Build your own pizza with various toppings

Dairy and lactose free options are available *Vegan spread and vegan milk are also used * We are a grape and nut free nursery*All meals are freshly prepared by our Cooks in our 5 star Food Hygiene rated kitchen