

# Ingredients & Portions

2019/2020 Menu



# Food & Nutrition

At our nursery, we believe that mealtimes are an important aspect of developing both a child's social skills and their tastes in food, and we are fully committed to providing children in our care with healthy and nutritious meals each day. We encourage children to serve food for themselves from food trays, which helps children to develop their initiative and social skills.

Our nursery meals are prepared and served by our own on-site cooks. We provide a rotating three-week menu which changes each Autumn and Spring, to coincide with the changing temperatures. Dishes are all served with traditional accompaniments ensuring a balanced meal each day. Our menus have been created in line with Government Guidelines on children's nutrition and portion control. Please ask to see a sample menu.

Children receive breakfast, lunch with dessert and an afternoon tea, as well as a healthy morning and afternoon snack. We believe in serving nutritious food to children so that they maintain a balanced diet and are well prepared for a busy day of play, socialising and learning.

We understand that children may have food intolerances and specific dietary requirements. We are able to offer suitable alternatives to meet your child's individual needs. If your child is on formula or breast milk, then we kindly ask that you bring in your milk in a container that is clearly labelled with your child's name. Our staff will then prepare the milk with a bottle at mealtimes. Please note, we are unable to store breast milk for more than 24 hours.

## Recommended Portion Sizes

Each recipe includes typical portion size information for children aged one to four years. These portion sizes are based on the energy and nutrient requirements of children aged one to four years. To ensure that the energy and nutrient needs of those in the group with the highest requirements are met, these are based on estimated average energy requirements for children aged three to four years, and for other nutrients, on the highest requirements within the one to four years age range.

This means that the typical portion sizes stated on the recipes will be appropriate for children with the highest requirements (generally children aged three to four years), and smaller portion sizes may be appropriate for younger children (one to two years old).

As children's requirements for growth and activity, and their appetites will vary, young children should be encouraged to eat healthy food according to their appetite. Children should not be expected to finish everything on their plate, and should be allowed to eat their dessert even if they have not finished their main course. If children are still hungry after their main course, they should have the opportunity to have second servings.

## Allergen Information

Each recipe and ingredient list states which of the 14 allergens covered by EU and UK food labelling legislation are present (based on allergens typically included in commonly available brands of each ingredient).

It is important to remember that products can be reformulated, that different brands may contain different allergens, and that children can have allergies to ingredients and foods not covered by the labelling requirements.

If you are preparing food for a child with a food allergy, always make sure you check the packaging for all ingredients and products you are using. Allergens covered by the legislation should be highlighted on the ingredient label of products or you can request this information from suppliers.



## Lunch Menu

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Week One	<p>Thai Chicken Curry / Thai Tofu Curry with White Rice</p> <p>Seasonal Fruit Salad</p>	<p>Lamb Moussaka / Lentil Moussaka with Garlic Bread and Mixed Salad</p> <p>Rhubarb Fool</p>	<p>Pork Ragu / Soya and Apple Ragu with New Potatoes, Broad Beans and Courgettes</p> <p>Pineapple Upside Down Pudding with Custard</p>	<p>Salmon and Pea Risotto / Bean and Pea Risotto</p> <p>Blueberry Sponge Cake</p>	<p>Bean and Vegetable Sausage Wholemeal Pasta Bake</p> <p>Plain Greek Yoghurt with Raspberry Purée</p>
Week Two	<p>BBQ Chicken / BBQ Quorn with New Potatoes and Roast Vegetables</p> <p>Lemon and Sultana Cake</p>	<p>Beef and Spinach Curry / Chickpea and Spinach Curry with White Rice and Naan Bread</p> <p>Seasonal Fruit Salad</p>	<p>Steamed Cod in Tomato and Pepper Sauce / Tofu in Tomato and Pepper Sauce with Cous Cous and Green Beans</p> <p>Rice Pudding and Raspberries</p>	<p>Vegetable and Red Lentil Dhansak with Brown Rice</p> <p>Fruit, Jelly and Ice-cream</p>	<p>Turkey Meatballs / Veggie 'Meatballs' with White Spaghetti</p> <p>Peach Fool Ripple</p>
Week Three	<p>Beef and Mushroom Stroganoff / Bean and Mushroom Stroganoff with White Rice</p> <p>Banana Buns</p>	<p>Thai Chicken Curry / Thai Tofu Curry with White Rice</p> <p>Yoghurt and Dried Apricots</p>	<p>Gammon / Quorn Fillet with Parsley Sauce, New Potatoes and Green Beans</p> <p>Seasonal Fruit Platter</p>	<p>Cod, Potato and Spinach Curry / Lentil, Potato and Spinach Curry with Cous Cous</p> <p>Creamy Apricot Dessert</p>	<p>Chicken and Vegetable Pie / Cheese and Vegetable Pie with Roast Potatoes and Spring Greens</p> <p>Summer Crumble and Custard</p>

## Tea Menu

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Week One	<p>Bean and Tomato Gnocchi Bake with Bread and Spread</p> <p>Strawberry Frozen Yoghurt</p>	<p>Tuna Fishcakes / Potato and Lentil Cakes with Tomato Relish</p> <p>Seasonal Fruit Salad</p>	<p>Pasta with Beans and Peas</p> <p>Rice Pudding with Peach Purée</p>	<p>Wholemeal English Muffin Pizza with Various Toppings</p> <p>Banana Slices</p>	<p>Crust-less Quiche with Potato Salad and Pepper Sticks</p> <p>Apple Slices and Raisins</p>
Week Two	<p>Selection of Pitta Breads with Cheese, Ham and Vegetable Sticks</p> <p>Rice Pudding and Raisins</p>	<p>Sardine Pâté / Pinto Bean Spread on White Toast with Grilled Tomatoes</p> <p>Fruit Yoghurt Pods</p>	<p>Vegetarian Sausage with Wholemeal Pasta</p> <p>Seasonal Fruit Kebabs</p>	<p>Lemon Chicken / Lemon Soya Wrap with Lettuce and Cucumber</p> <p>Plain Greek Yoghurt with Strawberries and Blackcurrants</p>	<p>Pea and Asparagus Frittata with New Potato Salad</p> <p>Pineapple Slices</p>
Week Three	<p>Selection of Pitta Breads with Cheese, Ham and Vegetable Sticks</p> <p>Strawberry Frozen Yoghurt</p>	<p>Lamb and Mint Koftas / Veggie Mince and Mint Koftas with Tomato Sauce and Wholemeal Pitta Bread</p> <p>Apple Slices and Dates</p>	<p>Salmon and Broccoli Pasta / Lentil and Broccoli Pasta with Sweetcorn</p> <p>Semolina and Blackberry Compote</p>	<p>Homemade Ham Flatbread / Cheese Flatbread</p> <p>Melon</p>	<p>Cous Cous and Chickpea Salad</p> <p>Dairy Ice-cream and Mango Slices</p>



## Lunch Menu - Week 1

**Key:**

**ALLERGENS**

Please note, allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don't assume.

### Monday Lunch: Thai Chicken Curry with White Rice (80g)

Lime, Fresh Coriander, Chicken Breast, Vegetable Oil, Thai Green Curry Paste, Mangetout, Coconut Milk

**ALLERGENS: FISH**

### Monday Lunch (Vegetarian): Thai Tofu Curry with White Rice (90g)

Lime, Fresh Coriander, Tofu, Vegetable Oil, Thai Green Curry Paste, Mangetout, Coconut Milk

**ALLERGENS: SOYA**

### Tuesday Lunch: Lamb Moussaka with Mixed Salad and Garlic Bread (160g)

Onion, Garlic, Aubergine, Mozzarella, Lamb Mince, Tomato, Cinnamon, Mixed Herbs, Cream Cheese, Egg, Greek Whole Milk Yoghurt

**ALLERGENS: EGG, MILK**

### Tuesday Lunch (Vegetarian): Lentil Moussaka with Mixed Salad and Garlic Bread (160g)

Onion, Garlic, Aubergine, Mozzarella, Dried Red Lentils, Tomato, Cinnamon, Mixed Herbs, Cream Cheese, Egg, Greek Whole Milk Yoghurt

**ALLERGENS: EGG, MILK**

### Wednesday Lunch: Pork Ragu with New Potatoes, Broad Beans and Courgettes (120g)

Onion, Garlic, Apple, Pork, Plain Flour, Vegetable Oil, Thyme, Water, Plain Whole Milk Yoghurt

**ALLERGENS: MILK, WHEAT (GLUTEN)**



**Wednesday Lunch (Vegetarian): Soya Mince & Apple Ragu with New Potatoes, Broad Beans and Courgettes (120g)**

Onion, Garlic, Apple, Soya Mince, Plain Flour, Vegetable Oil, Thyme, Water, Plain Whole Milk Yoghurt

**ALLERGENS:** MILK, SOYA, WHEAT (GLUTEN)

**Thursday Lunch: Salmon & Pea Risotto (185g)**

Onion, Garlic, Parsley, Vegetable Stock, Water, Salmon, Vegetable Oil, Peas, White Rice

**ALLERGENS:** CELERY, EGG, FISH, MILK, WHEAT (GLUTEN)

**Thursday Lunch (Vegetarian): Bean & Pea Risotto (180g)**

Onion, Garlic, Parsley, Vegetable Stock, Water, Soya Beans, Vegetable Oil, Peas, White Rice

**ALLERGENS:** CELERY, EGG, MILK, WHEAT (GLUTEN)

**Friday Lunch (Vegetarian): Bean & Veggie Sausage Wholemeal Pasta Bake (240g)**

Onion, Garlic, Carrot, Wholemeal Pasta, Vegetable Oil, Vegetarian Sausage, Tomato, Red Kidney Beans

**ALLERGENS:** EGG, SOYA, SULPHITES, WHEAT (GLUTEN)



## Lunch Menu - Week 2

### Monday Lunch: BBQ Chicken with New Potatoes and Roast Vegetables (90g)

Chicken Breast, Onion, Garlic, Peppers, Vegetable Oil, Tomato, Mustard, Chilli, Ginger, Vinegar, Sweetcorn, Cornflour

**ALLERGENS:** BARLEY (GLUTEN), MUSTARD

### Monday Lunch (Vegetarian): BBQ Quorn with New Potatoes and Roast Vegetables (90g)

Quorn, Onion, Garlic, Peppers, Vegetable Oil, Tomato, Mustard, Chilli, Ginger, Vinegar, Sweetcorn, Cornflour

**ALLERGENS:** BARLEY (GLUTEN), EGG, MUSTARD

### Tuesday Lunch: Beef and Spinach Curry with White Rice and Naan Bread (120g)

Onion, Tomato, Beef, Vegetable Oil, Tomato, Turmeric, Chilli, Curry Powder, Water, Fresh Spinach

**ALLERGENS:** MUSTARD

### Tuesday Lunch (Vegetarian): Chickpea and Spinach Curry with White Rice and Naan Bread (130g)

Onion, Tomato, Chickpeas, Vegetable Oil, Tomato, Turmeric, Chilli, Curry Powder, Water, Fresh Spinach

**ALLERGENS:** MUSTARD, SULPHITES

### Wednesday Lunch: Steamed Cod in Tomato and Pepper Sauce with Cous Cous and Green Beans (125g)

Onion, Garlic, Red Pepper, Green Pepper, Fresh Basil, Cod Fillets, Vegetable Oil, Tomato, Dried Mixed Herbs

**ALLERGENS:** FISH



**Wednesday Lunch (Vegetarian): Tofu in Tomato and Pepper Sauce with Cous Cous and Green Beans (125g)**

Onion, Garlic, Red Pepper, Green Pepper, Fresh Basil, Tofu, Vegetable Oil, Tomato, Dried Mixed Herbs

**ALLERGENS: FISH**

**Thursday Lunch (Vegetarian): Vegetable and Red Lentil Dhansak with Brown Rice (130g)**

Onion, Garlic, Red Pepper, Green Pepper, Carrot, Potatoes, Cauliflower, Vegetable Oil, Curry Powder, Tomato, Coconut Milk, Dried Red Lentils, Water, Fresh Coriander

**ALLERGENS: MUSTARD**

**Friday Lunch: Turkey Meatballs with White Spaghetti (120g)**

Turkey, Onion, Garlic, Green Pepper, Egg, White Bread, Dried Parsley, Tomato, Vegetable Oil, Plain Flour

**ALLERGENS: EGG, WHEAT (GLUTEN), SOYA**

**Friday Lunch (Vegetarian): Veggie 'Meatballs' with White Spaghetti (130g)**

Soya Mince, Onion, Garlic, Green Pepper, Egg, White Bread, Dried Parsley, Tomato, Vegetable Oil, Plain Flour

**ALLERGENS: EGG, WHEAT (GLUTEN), SOYA**



## Lunch Menu - Week 3

### Monday Lunch: Beef and Mushroom Stroganoff with White Rice (125g)

Onion, Garlic, Mushroom, Gherkin, Fresh Parsley, Peas, Beef, Vegetable Oil, Paprika, Wholemeal Flour, Tomato, Plain Whole Milk Yoghurt

**ALLERGENS:** MILK, MUSTARD, WHEAT (GLUTEN)

### Monday Lunch (Vegetarian): Bean and Mushroom Stroganoff with White Rice (130g)

Onion, Garlic, Mushroom, Gherkin, Fresh Parsley, Peas, Cannellini Beans, Vegetable Oil, Paprika, Wholemeal Flour, Tomato, Plain Whole Milk Yoghurt

**ALLERGENS:** MILK, MUSTARD, SULPHITES, WHEAT (GLUTEN)

### Tuesday Lunch: Thai Chicken Curry with White Rice (80g)

Lime, Fresh Coriander, Chicken Breast, Vegetable Oil, Thai Green Curry Paste, Mangetout, Coconut Milk

**ALLERGENS:** FISH

### Tuesday Lunch (Vegetarian): Thai Tofu Curry with White Rice (90g)

Lime, Fresh Coriander, Tofu, Vegetable Oil, Thai Green Curry Paste, Mangetout, Coconut Milk

**ALLERGENS:** SOYA

### Wednesday Lunch: Gammon with Parsley Sauce, New Potatoes and Green Beans (100g)

Unsmoked Gammon, Fresh Parsley, Vegetable Oil Spread, Plain Flour, Semi-Skimmed Milk

**ALLERGENS:** MILK, WHEAT (GLUTEN)

### Wednesday Lunch (Vegetarian): Quorn Fillet with Parsley Sauce, New Potatoes and Green Beans (110g)

Quorn Fillet, Fresh Parsley, Vegetable Oil Spread, Plain Flour, Semi-Skimmed Milk

**ALLERGENS:** EGGS, MILK, WHEAT (GLUTEN)





## Thursday Lunch: Cod, Potato and Spinach Curry with Cous Cous (120g)

Potato, Onion, Garlic, Cod, Vegetable Oil, Curry Powder, Tomato, Coconut Milk, Spinach, Plain Whole Milk Yoghurt

**ALLERGENS:** FISH, MILK, MUSTARD

## Thursday Lunch (Vegetarian): Lentil, Potato and Spinach Curry with Cous Cous (120g)

Potato, Onion, Garlic, Dried Red Lentils, Vegetable Oil, Curry Powder, Tomato, Coconut Milk, Spinach, Plain Whole Milk Yoghurt

**ALLERGENS:** MILK, MUSTARD

## Friday Lunch: Chicken and Vegetable Pie with Roast Potatoes and Spring Greens (110g)

Carrot, Chicken Breast, Chicken Stock, Water, Vegetable Oil, Plain Flour, Semi-Skimmed Milk, Peas, Puff Pastry

**ALLERGENS:** MILK, WHEAT (GLUTEN)

## Friday Lunch (Vegetarian): Cheese and Vegetable Pie with Roast Potatoes and Spring Greens (120g)

Carrot, Cheddar Cheese, Vegetable Stock, Water, Vegetable Oil, Plain Flour, Semi-Skimmed Milk, Peas, Puff Pastry

**ALLERGENS:** MILK, SULPHITES, WHEAT (GLUTEN)



## Lunch Dessert Menu - Week 1

### Monday Lunch Dessert: Seasonal Fruit Salad (40g)

Kiwi, Strawberry, Raspberry, Melon

**ALLERGENS: NONE**

### Tuesday Lunch Dessert: Rhubarb Fool (100g)

Rhubarb, Custard, Digestive Biscuits

**ALLERGENS: MILK, OATS, WHEAT (GLUTEN)**

### Wednesday Lunch Dessert: Pineapple Upside Down Pudding with Custard (55g)

Pineapple, Self-Raising Flour, Caster Sugar, Vegetable Oil Spread, Eggs

**ALLERGENS: EGG, MILK, WHEAT (GLUTEN)**

### Thursday Lunch Dessert: Blueberry Sponge Cake (35g)

Blueberries, Self-Raising Flour, Caster Sugar, Vegetable Oil Spread, Eggs

**ALLERGENS: MILK, OATS, WHEAT (GLUTEN)**

### Friday Lunch Dessert: Greek Yoghurt with Raspberry Purée (100g)

Raspberries, Greek Whole Milk Yoghurt

**ALLERGENS: MILK**



## Lunch Dessert Menu - Week 2

### Monday Lunch Dessert: Lemon and Sultana Cake (35g)

Lemon, Egg, Vegetable Oil Spread, Caster Sugar, Self-Raising Flour, Sultanas

**ALLERGENS:** EGG, MILK, WHEAT (GLUTEN)

### Tuesday Lunch Dessert: Seasonal Fruit Salad (40g)

Kiwi, Strawberry, Raspberry, Melon

**ALLERGENS:** NONE

### Wednesday Lunch Dessert: Rice Pudding & Raspberries (115g)

Pudding Rice, Caster Sugar, Milk, Raspberries

**ALLERGENS:** MILK

### Thursday Lunch Dessert: Fruit, Jelly & Ice-Cream (110g)

Raspberry Jelly, Water, Blackcurrants or Raspberries, Dairy Ice-Cream

**ALLERGENS:** EGG, MILK

### Friday Lunch Dessert: Peach Fool Ripple (100g)

Peaches, Greek Whole Milk Yoghurt, Vanilla Extract

**ALLERGENS:** MILK



## Lunch Dessert Menu - Week 3

### Monday Lunch Dessert: Banana Buns (30g)

Banana, Semi-Skimmed Milk, Vegetable Oil, Egg, Brown Sugar, Self-Raising Flour, Wholemeal Flour, Baking Powder, Mixed Spice

**ALLERGENS:** EGG, MILK, WHEAT (GLUTEN)

### Tuesday Lunch Dessert: Yoghurt and Dried Apricots (85g)

Yoghurt, Dried Apricots

**ALLERGENS:** MILK, SULPHITES

### Wednesday Lunch Dessert: Seasonal Fruit Salad (40g)

Kiwi, Strawberry, Raspberry, Melon

**ALLERGENS:** NONE

### Thursday Lunch Dessert: Creamy Apricot Dessert (95g)

Mascarpone Cheese, Plain Whole Milk Yoghurt, Apricots

**ALLERGENS:** MILK

### Friday Lunch Dessert: Summer Crumble and Custard (60g)

Strawberries, Raspberries, Apple, Caster Sugar, Vegetable Oil Spread, Plain Flour, Wholemeal Flour, Soft Brown Sugar, Oats

**ALLERGENS:** MILK, OATS (GLUTEN), WHEAT (GLUTEN)



## Tea Menu - Week 1

### Monday Tea (Vegetarian): Bean and Tomato Gnocchi Bake and Bread (240g)

Potatoes, Onion, Garlic, Pepper, Mozzarella, Egg, Spinach, Plain Flour, Nutmeg, Vegetable Oil, Passata, Cannellini Beans

**ALLERGENS:** EGG, MILK, WHEAT (GLUTEN)

### Tuesday Tea: Tuna Fishcakes with Tomato Relish (145g)

Vegetable Oil, Potatoes, Onion, Tuna, Dried Mixed Herbs, Wholemeal Bread, Egg, Tomato

**ALLERGENS:** EGG, FISH, SOYA, WHEAT (GLUTEN)

### Tuesday Tea (Vegetarian): Potato & Lentil Cakes with Tomato Relish (230g)

Red Pepper, Green Pepper, Onion, Garlic, Courgette, Aubergine, Vegetable Oil, White Pasta, Dried Red Lentils, Aduki Beans, Tomato

**ALLERGENS:** WHEAT (GLUTEN)

### Wednesday Tea (Vegetarian): Pasta with Beans and Peas (185g)

Garlic, Fresh Mint, Green Beans, White Pasta, Vegetable Oil, Broad Beans, Peas, Lemon Juice

**ALLERGENS:** WHEAT (GLUTEN)

### Thursday Tea (Vegetarian): Wholemeal English Muffin Pizza (50g)

Onion, Garlic, Red Pepper, Green Pepper, Mushroom, Cheddar Cheese, Vegetable Oil, Tomato, Dried Mixed Herbs, Wholemeal English Muffin, Pineapple, Sweetcorn

**ALLERGENS:** MILK, WHEAT (GLUTEN)

### Friday Tea (Vegetarian): Crustless Quiche with Potato Salad and Pepper Sticks (90g)

Spring Onion, Red Pepper, Tomato, Vegetable Oil, Egg, Semi-Skimmed Milk, Dried Mixed Herbs

**ALLERGENS:** EGG, MILK



## Tea Menu - Week 2

### Monday Tea (Vegetarian): Selection of Pitta Breads with Cheese, Ham and Vegetable Sticks

Pitta Bread, Ham, Cheddar Cheese, Cucumber, Carrot

**ALLERGENS:** MILK,, WHEAT (GLUTEN)

### Tuesday Tea: Sardine Pâté on White Toast with Grilled Tomato (65g)

Spring Onion, Garlic, Cucumber, Basil, Sardines, Lemon Juice, Greek Yoghurt, Cottage Cheese, White Bread

**ALLERGENS:** FISH, MILK, SOYA, WHEAT (GLUTEN)

### Tuesday Tea (Vegetarian): Pinto Bean Spread on White Toast with Grilled Tomato (35g)

Pinto Beans, Tahini Paste, Garlic, Lemon Juice

**ALLERGENS:** SESAME

### Wednesday Tea (Vegetarian): Vegetarian Sausage Beans with Wholemeal Pasta (240g)

Green Pepper, Tomato, Mixed Beans, Vegetarian Sausage, Paprika, Dried Mixed Herbs, Peas, Wholemeal Pasta

**ALLERGENS:** EGG, SOYA, SULPHITES, WHEAT (GLUTEN)

### Thursday Tea: Lemon Chicken Wrap with Lettuce and Cucumber (120g)

Chicken Breast, Lemon Juice and Zest, Lettuce, Cucumber, Tortilla Wraps, Cream Cheese

**ALLERGENS:** MILK, WHEAT (GLUTEN)

### Thursday Tea (Vegetarian): Lemon Soya Wrap with Lettuce and Cucumber (130g)

Dried Soya Pieces, Lemon Juice and Zest, Lettuce, Cucumber, Tortilla Wraps, Cream Cheese

**ALLERGENS:** MILK, SOYA, WHEAT (GLUTEN)





## Friday Tea (Vegetarian): Pea and Asparagus Frittata with New Potato Salad (95g)

Potato, Spring Onion, Asparagus, Fresh Mint, Cheddar Cheese, Egg, Vegetable Oil, Peas

**ALLERGENS:** EGG, MILK



## Tea Menu - Week 3

### Monday Tea (Vegetarian): Selection of Pitta Breads with Cheese, Ham and Vegetable Sticks

Pitta Bread, Ham, Cheddar Cheese, Cucumber, Carrot

**ALLERGENS:** MILK,, WHEAT (GLUTEN)

### Tuesday Tea: Lamb and Mint Koftas with Tomato Sauce and Wholemeal Pitta Bread (95g)

Koftas, Onion, Garlic, Fresh Mint, Egg, Vegetable Oil, Lamb, White Bread, Plain Flour, Tomato, Oregano

**ALLERGENS:** EGG, SOYA, WHEAT (GLUTEN)

### Tuesday Tea (Vegetarian): Veggie Mince and Mint Koftas with Tomato Sauce and Wholemeal Pitta Bread (95g)

Koftas, Onion, Garlic, Fresh Mint, Egg, Vegetable Oil, Soya Mince, White Bread, Plain Flour, Tomato, Oregano

**ALLERGENS:** EGG, SOYA, WHEAT (GLUTEN)

### Wednesday Tea: Salmon and Broccoli Pasta with Sweetcorn (220g)

Salmon, Onion, Broccoli, Cheddar Cheese, White Pasta, Vegetable Oil Spread, Plain Flour, Semi-Skimmed Milk, Parsley

**ALLERGENS:** FISH, MILK, WHEAT (GLUTEN)

### Wednesday Tea (Vegetarian): Lentil and Broccoli Pasta with Sweetcorn (220g)

Dried Red Lentils, Onion, Broccoli, Cheddar Cheese, White Pasta, Vegetable Oil Spread, Plain Flour, Semi-Skimmed Milk, Parsley

**ALLERGENS:** FISH, MILK, WHEAT (GLUTEN)





## Thursday Tea: Homemade Ham Flatbread (115g)

Self-Raising Flour, Wholemeal Self-Raising Flour, Plain Whole Milk Yoghurt, Ham, Mushrooms, Mozzarella, Cheddar Cheese, Tomato

**ALLERGENS:** MILK,, WHEAT (GLUTEN)

## Thursday Tea (Vegetarian): Cheese Flatbread (115g)

Self-Raising Flour, Wholemeal Self-Raising Flour, Plain Whole Milk Yoghurt, Mushrooms, Mozzarella, Cheddar Cheese, Tomato

**ALLERGENS:** MILK,, WHEAT (GLUTEN)

## Friday Tea (Vegetarian): Cous Cous and Chickpea Salad (165g)

Red Pepper, Green Pepper, Onion, Parsley, Cous Cous, Water, Plain Whole Milk Yoghurt, Cumin, Chickpeas, Raisins

**ALLERGENS:** MILK, SULPHITES, WHEAT (GLUTEN)



## Tea Dessert Menu - Week 1

### Monday Tea Dessert: Strawberry Frozen Yoghurt (110g)

Strawberries, Mixed Berries, Plain Whole Milk Yoghurt

**ALLERGENS: MILK**

### Tuesday Tea Dessert: Seasonal Fruit Salad (40g)

Kiwi, Strawberry, Raspberry, Melon

**ALLERGENS: NONE**

### Wednesday Tea Dessert: Rice Pudding with Peach Purée (115g)

Pudding Rice, Caster Sugar, Milk, Peaches

**ALLERGENS: MILK**

### Thursday Tea Dessert: Banana Slices (50g)

Banana

**ALLERGENS: NONE**

### Friday Tea Dessert: Apple Slices and Raisins (60g)

Apple, Raisins

**ALLERGENS: NONE**



## Tea Dessert Menu - Week 2

### Monday Tea Dessert: Rice Pudding and Raisins

Pudding Rice, Caster Sugar, Milk, Raisins

**ALLERGENS: MILK**

### Tuesday Tea Dessert: Fruit Yoghurt Pots (125g)

Raspberries, Strawberries, Blackberries, Plain Whole Milk Yoghurt, Cornflakes

**ALLERGENS: BARLEY, MILK**

### Wednesday Tea Dessert: Seasonal Fruit Kebabs (40g)

Honeydew Melon, Strawberries, Satsuma, Grapes

**ALLERGENS: NONE**

### Thursday Tea Dessert: Plain Greek Yoghurt with Strawberries and Blackcurrants (100g)

Strawberries, Blackcurrants, Greek Whole Milk Yoghurt

**ALLERGENS: MILK**

### Friday Tea Dessert: Pineapple Slices (40g)

Pineapple

**ALLERGENS: NONE**



## Tea Dessert Menu - Week 3

### Monday Tea Dessert: Frozen Yoghurt (110g)

Fresh Strawberries, Mixed Berries, Plain Whole Milk Yoghurt

**ALLERGENS: MILK**

### Tuesday Tea Dessert: Apple Slices and Dates (60g)

Apple, Dates

**ALLERGENS: NONE**

### Wednesday Tea Dessert: Semolina and Nectarine Compote (125g)

Nectarines, Semolina, Milk, Caster Sugar

**ALLERGENS: MILK, WHEAT (GLUTEN)**

### Thursday Tea Dessert: Melon (40g)

Grape Melon

**ALLERGENS: NONE**

### Friday Tea Dessert: Ice-Cream and Mango Slices (85g)

Mango, Vanilla Dairy Ice-Cream

**ALLERGENS: MILK, EGG**

