

Abacus Children's Day Nursery
Menus for children – Week 1
Allergens are identified in the blue

Menus for children under one are arranged with the parents/carers to ensure a consistent approach in food provision, including food types such as; soft cooked vegetables, meat i.e. lamb or chicken, fish, starchy foods i.e. potato, chapatti and rice, pulses i.e. peas, beans and lentils, dairy products i.e. whole milk and fromage frais, and fruit (soft, or cooked without adding sugar)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals, toast or porridge served with milk or water Contains: milk, gluten, wheat, dairy, barley, oats				
Morning Snack	Cucumber sticks	Bagels with cream cheese Contains: wheat, dairy	Pears	Blueberries	Apple slices
Lunch	Shepherds pie and peas Contains: wheat, celery	Cod, potato and spinach curry and cous cous Contains: fish, dairy, wheat, mustard	Chicken and vegetable pie, roast potatoes, spring greens and gravy Contains: wheat, celery	Homemade turkey burgers with chunky wedges and beetroot Contains: wheat, dairy	Vegetable stir fry with prawn crackers Contains: wheat, dairy, prawn (Crustacean)
Pudding	Fresh fruit salad	Fruit jelly	Mandarins	Honeydew melon cubes	Papaya
Afternoon Snack	Banana	Gingerbread biscuits Contains: dairy, wheat	Chessy toast fingers Contains: wheat, dairy	Strawberries	Bread sticks with cheese dips Contains: wheat, dairy
Tea	Parsnip, butterbean and apple soup with a soft roll Contains: wheat, dairy	Jacket potato with cheese savoury filling Contains: dairy	Salmon pasta bake with broccoli and cauliflower Contains: fish, wheat, dairy	Fajita wrap pizza Contains: wheat, dairy	Ham and cucumber pitta pockets Contains: wheat, dairy
Pudding	Fromage frais Contains: dairy	Pineapple chunks	Grapes	Summer crumble and ice cream Contains: dairy, wheat	Banana

**Alternatives of the following can be offered on request if your child does not eat the meal stated above:
Macaroni cheese, Ravioli, Beans or variety of soups**