

**Abacus Children's Day Nursery**  
**Menus for children – Week 2**  
**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
<b>Breakfast</b>	A selection of cereals, toast or porridge served with milk or water Contains: milk, gluten, wheat, dairy, barley, oats				
<b>Morning Snack</b>	Crumpets and jam Contains: dairy, wheat	Apricots	Apple slices	Cheese and bread sticks Contains: wheat, dairy	Crackers with cheese Contains: dairy, wheat
<b>Lunch</b>	Gammon, new potatoes and mushy peas	Vegetable sweet and sour with tofu and noodles Contains: barley, wheat	Homemade lasagne with sweetcorn and garlic bread Contains: wheat, dairy	Baked salmon in a cheese sauce with rice and seasonal vegetables Contains: fish, wheat, dairy	Turkey meatballs and sweet potato wedges Contains: wheat
<b>Pudding</b>	Peaches	Frozen strawberry yoghurt Contains: dairy	Banana bread Contains: wheat, dairy	Fresh fruit salad	Dried fruit and natural yoghurt Contains: dairy
<b>Afternoon Snack</b>	Strawberries	Carrot sticks	Cucumber slices	Pears	Apple slices
<b>Tea</b>	Homemade tomato and basil soup with tiger bread Contains: wheat, dairy	Fish cakes and tomato relish Contains: fish, wheat, dairy	Beans on toast Contains: wheat, dairy	Chicken tikka wraps with sweetcorn Contains: wheat, mustard	Ham and sweetcorn pasta Contains: wheat, dairy, mustard
<b>Pudding</b>	Sugar free jelly	Gala melon slices	Pineapple	Homemade jam rock bun Contains: wheat, dairy	Honeydew melon cubes

**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**