

Abacus Children's Day Nursery
Menus for children – Week 3
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	Carrot Sticks	Nectarines	Peaches	Bagels and jam Contains: wheat	Kiwi
Lunch	Fish Korma with rice and green beans Contains: fish, wheat, dairy	Tagliatelle carbonara and peas Contains: dairy, wheat	Lentil and vegetable dansac with rice and nann bread Contains: wheat, celery	Spaghetti bolognaise and garlic bread Contains: wheat, dairy	Chicken casserole with new potatoes and spring cabbage Contains: celery
Pudding	Stewed rhubarb and ice cream Contains: dairy, wheat	Flavoured greek yoghurt with honey Contains: dairy	Sugar free jelly	Pear and apple crumble with natural yogurt Contains: wheat, dairy	Fromage frais Contains: dairy
Afternoon Snack	Sweet peas	Rice cakes Contains: dairy, wheat	Kiwi	Pears	Oatcakes Contains: wheat, dairy
Tea	Macaroni cheese with peas Contains: dairy, wheat	Jacket potato with tuna Contains: fish, mustard	Fish fingers, cheesy mash and mushy peas Contains: dairy	Sweet chilli chicken and pitta pockets Contains: wheat, dairy	Potato waffles with cheese and tomato slices Contains: wheat, dairy
Pudding	Banana	Gala melon slices	Homemade apple ice lollies Contains: dairy	Strawberries	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**