

Abacus Children's Day Nursery
Menus for children – Week 4
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 | Nadacot orange | Plums | Crackers and cheese cubes Contains: dairy, wheat | Honeydew melon slices | Pitta bread and avocado dip Contains: dairy, wheat |
| Lunch | Salmon and cod and pea risotto Contains: fish, wheat | Beef mince and dumplings with new potatoes and seasonal vegetables Contains: celery, wheat | Vegetable lasagne, broccoli and garlic bread Contains: dairy, wheat | BBQ chicken, vegetables with noodles Contains: Wheat | Lamb curry, brown rice and nann bread Contains: wheat, dairy |
| Pudding | Fresh fruit salad | Peaches | Grapes | Homemade ice lollies | Ice cream cone Contains: wheat, dairy |
| Afternoon Snack | Pears | Gala melon cubes | English muffins Contains: wheat, dairy | Cheesy Breadsticks Contains: wheat, dairy | Peaches |
| Tea | Jacket potato with cheese or beans Contains: wheat, dairy | Fusilli pasta with quick and easy cheese sauce Contains: wheat, dairy | Sweet potato and lentil soup with a roll Contains: wheat, celery, dairy | Bean and vegetable enchiladas Contains: wheat, dairy | English muffin pizza with a variety of toppings Contains: wheat, dairy |
| Pudding | Fromage frais Contains: dairy | Low fat fruity flapjack Contains: wheat, dairy | Pineapple puree and yoghurt Contains: dairy | Sliced apple | Apple slices |

**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**