

**Abacus Children's Day Nursery**  
**Week 1 Autumn-Winter Menu**  
**Allergens are identified in Blue**  
**Vegetarian alternatives are identified in Green**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	A selection of cereals, toast or porridge served with milk or water <b>Mi CG</b>				
<b>Morning Snack</b>	Banana	Rice Cakes with Beetroot Dip <b>Mi</b>	Toasted Wholemeal Pitta with Avocado & Cream Cheese Dip <b>Mi CG</b>	Carrot & Celery Sticks <b>CG</b>	Oranges
<b>Lunch</b>	Mince & Dumpling with Seasonal Vegetables <b>CG</b> Bean Stew & Vegetarian Dumplings with Seasonal Vegetables <b>CG</b>	Ocean Pie with Peas <b>Mi F</b>	Beef Lasagne with Garlic Bread <b>Mi CG</b> Vegetable Lasagne <b>Mi CG</b>	Vegetarian Burger in a Bun with Homemade Tomato Ketchup <b>CG SD</b>	Turkey Mince & Mixed Pepper Tacos <b>Mi</b> Quorn Mince & Mixed Pepper Tacos <b>Mi</b>
<b>Pudding</b>	Natural Yogurt with Dried Raisins <b>Mi</b>	Strawberry Fool <b>Mi</b>	Shortbread Biscuits <b>Mi CG</b>	Banana Bread <b>Mi CG</b>	Ice Cream Cone <b>Mi CG</b>
<b>Afternoon Snack</b>	Toasted Crumpets with Jam <b>Mi CG</b>	Pears	Fruit Kebabs	Cinnamon Popcorn	Oatcake with Hummus <b>CG SS</b>
<b>Tea</b>	Curried Parsnip & Butterbean Soup with Tiger Bread <b>Mi CG Ce</b>	Homemade Mackerel Pate on Wholemeal Toast <b>CG F</b>	Pork & Apple Sauce Sandwiches <b>Mi CG</b> Tuna Savoury Sandwich <b>Mi CG F</b>	Chicken & Vegetable Fajita Wrap <b>CG</b> Vegetable Fajita Wrap <b>CG</b>	Homemade Potato Cake with Baked Beans <b>CG E</b>
<b>Pudding</b>	Apple	Mandarin in Orange Jelly	Apricots	Mighty Melon Slices	Fruity Muesli Bar <b>Mi CG</b>