

Abacus Children's Day Nursery
Week 2 Autumn-Winter Menu
Allergens are identified in Blue
Vegetarian alternatives are identified in Green

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals, toast or porridge served with milk or water Mi CG				
Morning Snack	Cucumber	Cheese & Tomato Swirl Mi CG	Toasted Muffin with Jam Mi CG	Apple	Savoury Muffin Mi CG
Lunch	Cauliflower, Spinach & Chickpea Curry with a Chapati CG	Fish Lasagne with Green Beans Mi CG F	Turkey Meatballs in Homemade Tomato Sauce with Cous Cous and Peas CG Ce Quorn Meatballs in Tomato Sauce with Couscus and Peas CG Ce	Roast Ham & Mash with Cauliflower Cheese Mi Vegetable Cheese Bake Mi	Beef & Barley Hotpot Mixed Bean & Barley Hotpot
Pudding	Melon Boat	Carrot Cake Mi CG So	Gingerbread & Custard Mi CG E	Fruit Trifle Mi	Greek Yogurt with Mango Mi
Afternoon Snack	Crackers & Spread Mi CG	Banana	Pear	Homemade Drop Scone & Spread Mi CG	Peaches
Tea	Fish Finger Sandwich on Wholemeal Bread Mi CG F	Leek & Potato Soup with Wholemeal Roll Mi CG Ce	Jacket Potato with Cheese & Tuna Mayo Mi Mu F	Macaroni Cheese Mi CG	Egg Mayonaise Open Roll Mi CG E
Pudding	Fromage Frais Mi	Raisin Oat Biscuit Mi CG E	Blueberry Cheesecake Mi CG	Jelly & Ice Cream Mi	Homemade Fruit Lollies