

**Abacus Children's Day Nursery**  
**Week 4 Autumn – Winter Menus**  
**Allergens are identified in the 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>	Apricot	Toasted Muffin with Cheese <b>MI CG</b>	Pineapple	Apricot & Oats Balls <b>CG SD</b>	Cheese Scone & Spread <b>MI CG</b>
<b>Lunch</b>	Sausage & Mashed Potato with Mushy Peas Quorn Sausage & Mashed Potato	Roast Pork & Apple Sauce with Mashed Potato & Vegetables Lemon Salmon Fillet <b>F</b>	Vegetable Lasagne & Garlic Bread <b>MI CG</b>	Ham, Leek & Potato Bake <b>Mi</b> Leek & Potato Bake <b>Mi</b>	Fish & Chips <b>Mi F</b>
<b>Pudding</b>	Ice Cream with Fruit Compot <b>Mi</b>	Natural Yogurt & Dried <b>Mi</b>	Berry Jelly	Lychee Sorbet <b>Mi</b>	Banana & Custard <b>Mi</b>
<b>Afternoon Snack</b>	Plain Popcorn	Apple	Cheese & Pesto Straws with Yogurt & Mint dip <b>MI CG</b>	Banana	Pears
<b>Tea</b>	Ham & Cucumber Pitta Pockets <b>MI CG</b>	Cous Cous with Chick Pea Salad <b>Mi</b>	Homemade Potato Scone & Beans <b>CG</b>	Vegetable Broth with Crispy Roll <b>MI CG</b>	Open Tuna Roll <b>MI CG F</b>
<b>Pudding</b>	Mixed Fruit Jelly	Warm Winter Fruit Salad	Ginger Biscuit <b>MI CG</b>	Spicy Apple & Raisin Bun <b>MI CG</b>	Yogurt <b>Mi</b>