

Abacus Children's Day Nursery
Week 3 Spring & Summer Menu
Allergens are identified in the blue

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals, toast or porridge served with milk or water				
Morning Snack	Oranges	Pitta bread and avacado dip CG Mi	Melon	Crackers and spread	Pear
Lunch	Sweet potato and lentil curry with chapatti CG	Chicken chow mein with noodles and prawn crackers CG	Roast dinner with mash and mixed veg	Fish risotto and garlic bread F CG	Veggie shepherds pie
Pudding	Fromage frais Mi	Jelly	Carrot and courgette muffin CG	Fruit salad	Marshmallow crispie cake CG
Afternoon Snack	Muffin and jam CG	Strawberry and blueberries	Banana	Breadsticks and soft cheese CG Mi	Crackers and cheese CG Mi
Tea	Cheese and ham wrap with crisps CG Mi	Sausage roll and spaghetti hoops CG	Bagel pizza CG Mi	Tomato Pasta CG	Fish finger sandwich and tomato sauce CG
Pudding	Banana	Oat biscuit CG	Pineapple	Chocolate brownie CG Mi	Apple