Summer Menu Week One:

Merry Poppets
Early Learning Day Care Nurseries

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals or toast (contains barley, wheat, and soya, may contain peanuts, nuts and/or milk)	Selection of cereals or toast (contains barley, wheat, and soya, may contain peanuts, nuts and/or milk)	Selection of cereals or toast (contains barley, wheat, and soya, may contain peanuts, nuts and/or milk)	Selection of cereals or toast (contains barley, wheat, and soya, may contain peanuts, nuts and/or milk)	Selection of cereals or toast (contains barley, wheat, and soya, may contain peanuts, nuts and/or milk)
Lunch	Homemade spaghetti bolognese served with broccoli (contains wheat, celery, dairy and soya)	Homemade fish in a cheese and parsley sauce served with new potatoes and garden peas (contains wheat and dairy)	Traditional roast chicken dinner with homemade yorkshire puddings (contains wheat, dairy, egg and soya)	Homemade veggie chilli served with rice and tortilla chips (contains wheat and soya)	Homemade turkey lasagne served with garlic bread (contains wheat, dairy and celery)
Dessert / Fruit option available	Homemade fruit tray bake (contains wheat, dairy and egg)	Homemade oat and raisin cookies (contains wheat, egg and dairy)	Fresh fruit salad and yoghurt (contains dairy, may contain traces of nuts and/or sesame seeds)	Homemade apple and cinnamon muffins (contains wheat, dairy and egg)	Homemade jammy biscuits (contains wheat)
Snack	Banana or cucumber	Pear or carrot	Satsuma or breadstick (contains wheat and barley, may contain sesame seeds)	Apple or rice cake (may contain milk, soya and sesame seeds)	Homemade cheese crackers (contains wheat and dairy)
Tea Time	Homemade rainbow rice (contains wheat, dairy and sesame seeds)	Homemade spring chicken noodle soup (contains wheat and celery)	Pizza baguettes (contains wheat and dairy, may contain traces of sesame seeds)	Jacket potato with a choice of hot or cold filling (contains dairy)	Selection of sandwiches, fruit and vegetables (contains wheat, dairy and soya)
Babies	**Age appropriate alternatives are available**				
	Our Cooks cater for all allergy requirements, vegetarian and vegan options are available across our menu				

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Lunch	Sausages served with mashed potato, seasonal vegetables and onion gravy (contains wheat, dairy, egg, soya, sulphites, celery and mustard)	Homemade oven roasted vegetable lasagne served with garlic bread (contains wheat and dairy)	Homemade beef kheema served with rice and naan bread (contains wheat and celery, may contain milk)	Homemade garlic chicken served with pasta and seasonal vegetables (contains wheat and dairy)	Homemade fish pie served with seasonal vegetables (contains wheat, fish and dairy)
Dessert / Fruit option available	Homemade gingerbread stars (contains wheat and dairy)	Homemade fruity granola sundaes (contains wheat, dairy, may contain traces of nuts and/or sesame seeds)	Homemade carrot cupcakes (contains wheat, dairy and egg)	Homemade rock cakes (contains wheat, dairy, egg and soya)	Homemade fruit cobbler and custard (contains dairy, may contain wheat and soya)
Snack	Banana or cucumber	Pear or carrot	Satsuma or breadstick (contains wheat and barley, may contain sesame seeds)	Apple or rice cake (may contain milk, soya and sesame seeds)	Homemade cheese crackers (contains wheat and dairy)
Tea Time	Scrambled egg on toast (contains wheat, egg, soya and dairy)	Homemade cheese scones, pickle and veg sticks (contains wheat and dairy)	Homemade tortillas, dips and sticks (contains wheat and dairy)	Fish fingers and baked beans (contains wheat, soya and fish)	Sausage in fresh bread rolls (contains wheat, dairy and sulphites)
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Lunch	Homemade fish, spinach and tomato curry with rice and naan bread (contains wheat, fish and celery, may contain milk)	Homemade pork and apple meatballs in onion gravy served with spaghetti, peas and sweetcorn (contains wheat, dairy, sulphites, soya and celery)	Homemade beef cottage pie served with seasonal vegetables (contains wheat, dairy, soya, celery and fish)	Pizza topped pasta bake served with garlic flat bread (contains wheat and dairy)	Homemade chicken goujons, potato wedges with a choice of baked beans or peas (contains wheat, dairy, egg and soya)
Dessert / Fruit option available	Homemade flavoured shortbread (contains wheat and dairy)	Fresh fruit salad and yoghurt (contains dairy, may contain traces of nuts and/or sesame seeds)	Homemade ginger sponge (contains wheat, egg and dairy)	Bananas and ice cream (contains dairy, may contain traces of nuts and/or sesame seeds)	Homemade fruit trifle (contains wheat, gelatine and dairy)
Snack	Banana or cucumber	Pear or carrot	Satsuma or breadstick (contains wheat and barley, may contain sesame seeds)	Apple or rice cake (may contain milk, soya and sesame seeds)	Homemade cheese crackers (contains wheat and dairy)
Tea Time	Homemade cheese and broccoli pasta bake (contains wheat and dairy)	Homemade quiche and salad (contains wheat, dairy and egg)	Mini ploughmans' (contains wheat and dairy, may contain traces of sesame seeds)	Beans on wholemeal toast (contains wheat and dairy)	Selection of sandwiches, fruit and vegetables (contains wheat, soya and dairy)
Babies	**Age appropriate alternatives are available**				
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