

Summer Menu

Week 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals: Weetabix, Rice Krispies, Ready Brek Toast / milk and fresh water to drink G, DA				
Snack	Rice cakes	Crackers G	Breadsticks G, SS	Rice cakes	Crackers G
Lunch	Roast Chicken dinner G	Vegetable curry G, DA	Chicken pasta bake G, DA	Rainbow couscous G	Fish cakes, wedges & beans G, F
Vegetarian Lunch	Roast Quorn dinner G, E	Vegetable curry G, DA	Vegetable pasta bake G, DA	Rainbow couscous G	Vegan fishless fingers G
Dessert	Banana custard DA	Apple and raspberry cobbler G	Fruit	Yoghurt pots DA	Fruit and yoghurt pureé DA
Tea	Pizza wheels G, DA	Quiché and vegetable sticks G, E, DA	Cheese and marmite twists, with vegetable sticks G, DA	Rice cakes, vegetable sticks & cream cheese G, DA	Selection of homemade sandwiches G, DA
Vegetarian Tea	Pizza wheels G, DA	Quiché and vegetable sticks G, E, DA	Cheese and marmite twists, with vegetable sticks G, DA	Rice cakes, vegetable sticks & cream cheese G, DA	Selection of homemade sandwiches G, DA
Dessert	Rice pudding DA	Vanilla biscuits G	Banana smoothie DA	Chef's Sponge cake G, E	Flapjack G

Where allergens are present, they are displayed under the appropriate meal

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|---------------------|--------------------------|
| 1. CE - CELERY | 8. M - MOLLUSCS |
| 2. G - GLUTEN | 9. MU - MUSTARD |
| 3. CR - CRUSTACEANS | 10. N - NUTS |
| 4. E - EGGS | 11. PE - PEANUTS |
| 5. F - FISH | 12. SS - SESAME SEEDS |
| 6. L - LUPIN | 13. SO - SOYA |
| 7. DA - DAIRY | 14. SD - SULPHUR DIOXIDE |

All our food is produced each day on site by our own chef
 All dietaries are catered for. Please speak to us if you have any questions.

info@acorntoaknurseryandpreschool.co.uk
 www.acorntoaknurseryandpreschool.co.uk
 0208 050 8016
 07746 118040



Summer Menu

Week 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals: Weetabix, Rice Krispies, Ready Brek Toast / milk or fresh water to drink G, DA				
Snack	Breadsticks G, SS	Rice cakes	Crackers G	Breadsticks G, SS	Rice cakes
Lunch	Jacket potato, beans and cheese G, DA	Spaghetti and meatballs G	Chicken stir fry G	Mac and cheese G, DA	Fish fingers, mash and mixed vegetables G, F, DA
Vegetarian Lunch	Jacket potato, beans and cheese G, DA	Spaghetti and Quorn meatballs G, E	Quorn stir fry G, E	Mac and cheese G, DA	Vegan fishless fingers, mash and mixed vegetables G, DA
Dessert	Jam tarts G	Raspberry and banana smoothie DA	Pear and vanilla sponge G, E	Yoghurt pots DA	Fruit and custard DA
Tea	Tuna melts with vegetable sticks G, E, DA	Beans on toast G	Crumpets & vegetable sticks G	Bagel, cream cheese and vegetable sticks G, DA	Selection of homemade sandwiches G, DA
Vegetarian Tea	Cheese melts with vegetable sticks G, E, DA	Beans on toast G	Crumpets & vegetable sticks G	Bagel, cream cheese and vegetable sticks G, DA	Selection of homemade sandwiches G, DA
Dessert	Fruit G	Rice pudding DA	Yoghurt & fruit pureé DA	Fruit	Rice Krispies cakes G

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Week 3

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Breakfast	Selection of cereals: Weetabix, Rice Krispies, Ready Brek Toast / milk or fresh water to drink G, DA				
Snack	Crackers G	Breadsticks G, SS	Rice cakes	Crackers G	Breadsticks G, SS
Lunch	Beef roast G	BBQ chicken and rice G	Vegetable pasta bake G, DA	Breaded chicken, new potatoes and mixed vegetables G	Tuna pasta G, F
Vegetarian Lunch	Quorn roast G, E, DA	BBQ Quorn and rice G, E	Vegetable pasta bake G, DA	Quorn nuggets, new potatoes and mixed vegetables G, E	Vegetarian pasta G
Dessert	Fruit salad	Smoothie DA	Fresh fruit	Mango fool DA	Apple & Blackcurrant cobbler G
Tea	Ploughman's G, DA	Jacket potato, spaghetti hoops and cheese G, DA	Crackers, cream cheese and vegetable sticks G, DA	Ploughman's G, DA	Selection of homemade sandwiches G, DA
Vegetarian Tea	Ploughman's G, DA	Jacket potato, spaghetti hoops and cheese G, DA	Crackers, cream cheese and vegetable sticks G, DA	Ploughman's G, DA	Selection of homemade sandwiches G, DA
Dessert	Yoghurt and fruit pureé DA	Frozen yoghurt pots DA	Jam sponge G, E	Oatmeal cookies G	Yoghurt pots DA

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Week 4

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Breakfast	Selection of cereals Weetabix, Rice Krispies, Ready Brek Toast / milk or fresh water to drink G, DA				
Snack	Rice cakes	Crackers G	Breadsticks G, SS	Rice cakes	Crackers G
Lunch	Beef noodles G	Mushroom risotto G, DA	Chilli con carne G, DA, MU	Chicken wrap with vegetable sticks G	Fish fingers, wedges and vegetables G, F
Vegetarian Lunch	Vegetable noodles G, E	Mushroom risotto G, DA	Quorn chilli con carne G, E, DA, MU	Quorn wrap with vegetable sticks G, E	Fishless fingers, wedges and vegetables G, E, DA
Dessert	Fruit and yoghurt DA	Lemon and lime shortbread G	Lemon sponge G, DA	Variety of fruit	Fruit and custard DA
Tea	Crackers, ham / chicken and vegetable sticks G	Spaghetti hoops on toast G	Jacket potato and baked beans G	Homemade tomato soup G, DA	Selection of homemade sandwiches G, DA
Vegetarian Tea	Crackers, cheese and vegetable sticks G, DA	Spaghetti hoops on toast G	Jacket potato and baked beans G	Homemade tomato soup G, DA	Selection of homemade sandwiches G, DA
Dessert	Custard swirls G, DA	Vanilla smoothie DA	Yoghurt DA	Banana Flapjack G	Frozen yoghurt pots DA

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