

Winter 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 | Sage, bacon & parsnip pasta G, DA | Chicken and mushroom pie G, DA | Spanish rice | Fish fingers, wedges & beans G, F |
| Vegetarian Lunch | Roast quorn dinner G, E | Hidden vegetable pasta bake G, DA | Quorn and mushroom pie G, E, DA | Spanish rice | Vegan fishless fingers G |
| Dessert | Fruit and yoghurt DA | Fruit | Fruit crumble and custard G, DA | Fruit and custard DA | Gingerbread G |
| Tea | Mushroom, leek and potato soup G | Scrambled egg on toast G, E | Jacket potato, beans and cheese G, DA | Ploughman's tea G, DA | Selection of homemade sandwiches G, DA |
| Vegetarian Tea | Mushroom, leek and potato soup G | Scrambled egg on toast G, E | Jacket potato, beans and cheese G, DA | Ploughman's tea G, DA | Selection of homemade sandwiches G, DA |
| Dessert | Vanilla sponge G, E | Apple and raspberry cobbler G | Cinnamon tarts G | Homemade banana bread G | Yoghurt pots DA |

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

1. CE - CELERY
2. G - GLUTEN
3. CR - CRUSTACEANS
4. E - EGGS
5. F - FISH
6. L - LUPIN
7. DA - DAIRY
8. M - MOLLUSCS
9. MU - MUSTARD
10. N - NUTS
11. PE - PEANUTS
12. SS - SESAME SEEDS
13. SO - SOYA
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@acorntooaknurseryandpreschool.co.uk
www.acorntooaknurseryandpreschool.co.uk
 0208 050 8016
 07746 118040



Winter 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 | Mac and cheese G, DA | Chicken and fajitas G | Lamb stew G | Mushroom stroganoff G | Tuna pasta G, F, DA |
| Vegetarian Lunch | Mac and cheese G, DA | Quorn fajitas G, E | Quorn stew G, E | Mushroom stroganoff G | Vegetable pasta G, DA |
| Dessert | Lemon sponge G, E | Fruit crumble and custard G, DA | Fruit and custard DA | Jam tarts G | Variety of fresh fruit |
| Tea | Jacket potato, beans and cheese G | Homemade tomato soup G | Spaghetti hoops on toast G | Crumpets and vegetable sticks G | Selection of homemade sandwiches G, DA |
| Vegetarian Tea | Jacket potato, beans and cheese G | Homemade tomato soup G | Spaghetti hoops on toast G | Crumpets and vegetable sticks G | Selection of homemade sandwiches G, DA |
| Dessert | Rice krispie cake G | Rice pudding DA | Banana flapjack G | Peach Purée and yoghurt DA | Vanilla biscuits G |

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|---------------------|--------------------------|
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| 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 |

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Week 3

| Meal | Monday | Tuesday | Wednesday | Thursday | Friday |
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| Breakfast | Selecection 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 | Spaghetti and meatballs G, DA | Chilli con carne fries G, DA | Roast beef dinner G | Chicken stir fry G | Fish cakes, creamy mash and veg G, F |
| Vegetarian Lunch | Spaghetti and quorn meatballs G, E, DA | Vegetarian chilli fries G, DA | Roast quorn dinner G, DA | Vegetable stir fry G | Bean cakes, creamy mash and veg G |
| Dessert | Upside down pineapple cake G, E | Oatmeal cookies G | Fresh fruit | Mango fool DA | Semolina and banana DA |
| Tea | Chicken nuggets & homemade potato fries with mixed vegetabes G | Jacket potato, spaghetti hoops and cheese G | Beans on Toast G, DA | Winter vegetable soup G | Selection of homemade sandwiches G, DA |
| Vegetarian Tea | Quorn nuggets & homemade potato fries with mixed vegetabes G, E | Jacket potato, spaghetti hoops and cheese G | Beans on Toast G, DA | Winter vegetable soup G | Selection of homemade sandwiches G,DA |
| Dessert | Rice pudding DA | Frozen yoghurt pots DA | Apple and blackcurrant cobbler G | Rice krispie cakes G | Yoghurt pots DA |

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| 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 |
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Week 4

| Meal | Monday | Tuesday | Wednesday | Thursday | Friday |
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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 casserole G | Chicken tikka G, MU, DA | Deconstructed lasagna G, DA, MU | Pizza pasta casserole G, DA | Fish bites, new potatoes with tomato and herb vegetables G, F |
| Vegetarian Lunch | Qourn casserole G, E | Quorn tikka G, E, MU, DA | Deconstructed quorn lasagna G, E, DA, MU | Vegetable pizza pasta casserole G, DA | Vegan fishless fingers, new potatoes with tomato and herb vegetables G, E, DA |
| Dessert | Spiced carrot cake G, E | Bread and butter pudding G, DA | Fresh fruit | Fruit and custard DA | Fruit and yoghurt DA |
| Tea | Rainbow couscous G | Ploughman's tea G, DA | Sweet potato & chorizo soup G, DA | Jacket potato, spaghetti hoops and cheese G, DA | Selection of homemade sandwiches G, DA |
| Vegetarian Tea | Rainbow couscous G | Ploughman's tea G, DA | Sweet potato & butter bean soup G, DA | Jacket potato, spaghetti hoops and cheese G, DA | Selection of homemade sandwiches G, DA |
| Dessert | Banana and raspberry smoothie DA | Yoghut pots DA | Vanilla and pear pudding | Flapjack G | Iced biscuits G |

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