

# Winter Menu

## Week 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals Weetabix, Rice Krispies, Ready Brek Toast / milk or fresh water to drink G, DA				
<b>Snack</b>	A selection of fresh fruits and vegetables Savoury biscuits G, SS				
<b>Lunch</b>	Mac and cheese G, DA	Beef roast G, SO	Chicken fajitas G	Spanish rice G	Fish fingers, wedges and vegetables G, F
<b>Vegetarian Lunch</b>	Mac and cheese G, DA	Quorn roast G, E, DA, SO	Quorn fajitas G, E	Spanish rice G	Fishless fingers, wedges and vegetables G, E, DA
<b>Dessert</b>	Fruit and yoghurt DA	Fresh fruit	Fruit and custard DA	Fruit crumble and custard G, DA	Gingerbread G
<b>Tea</b>	Scrambled egg on toast G, E	Homemade tomato soup G, DA	Jacket potato and beans G	Pizza wheels G, DA	Selection of homemade sandwiches G, DA
<b>Vegetarian Tea</b>	Scrambled egg on toast G, E	Homemade tomato soup G, DA	Jacket potato and beans G	Pizza wheels G, DA	Selection of homemade sandwiches G, DA
<b>Dessert</b>	Vanilla cake G, E	Banana flapjack G	Rice Krispies cake G	Vanilla smoothie DA	Yoghurt pots DA

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@acorntooaknurseryandpreschool.co.uk](mailto:info@acorntooaknurseryandpreschool.co.uk)  
[www.acorntooaknurseryandpreschool.co.uk](http://www.acorntooaknurseryandpreschool.co.uk)  
 0208 050 8016  
 07746 118040



# Winter Menu

## Week 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals Weetabix, Rice Krispies, Ready Brek Toast / milk or fresh water to drink G, DA				
<b>Snack</b>	A selection of fresh fruits and vegetables Savoury biscuits G, SS				
<b>Lunch</b>	Roast chicken G	Veggie pasta bake G, DA	Shepherd's pie G, DA	Chicken goujons, roasted new potatoes and mixed veg G	Tuna pasta G, F, DA
<b>Vegetarian Lunch</b>	Roast Quorn G, E	Veggie pasta bake G, DA	Vegetables pie G, DA	Quorn goujons, roasted potatoes and mixed veg G	Vegetable pasta G, DA
<b>Dessert</b>	Rice pudding DA	Homemade banana bread G	Lemon and lime drizzle sponge G, E	Fruit and yoghurt pureé DA	Fruit
<b>Tea</b>	Minestrone soup G, DA	Ploughman's tea G, DA	Beans on toast G	Jacket potato, spaghetti hoops and cheese G, DA	Selection of homemade sandwiches G, DA
<b>Vegetarian Tea</b>	Minestrone soup G, DA	Ploughman's tea G, DA	Beans on toast G	Jacket potato, spaghetti hoops and cheese G, DA	Selection of homemade sandwiches G, DA
<b>Dessert</b>	Yoghurt pots DA	Custard DA	Cinnamon swirls G, DA	Mango smoothie DA	Vanilla biscuits G

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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            |
| 7. DA - DAIRY       | 14. SD - SULPHUR DIOXIDE |

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# Winter Menu

## Week 3

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals Weetabix, Rice Krispies, Ready Brek Toast / milk or fresh water to drink G, DA				
<b>Snack</b>	A selection of fresh fruits and vegetables Savoury biscuits G, SS				
<b>Lunch</b>	Mixed vegetable curry G, DA	Chilli con carne with fries G, DA, MU	Chicken and mushroom pie G, DA	Veggie noodles G	Fish cakes, spring onion mash and baked beans G, F
<b>Vegetarian Lunch</b>	Mixed vegetable curry G, DA	Quorn chilli con carne with fries G, E, DA, MU	Quorn and mushroom pie G, E, DA	Veggie noodles G	Bean cakes, spring onion mash and baked beans G
<b>Dessert</b>	Spiced carrot cake G, E	Banana smoothie DA	Fruit and yoghurt DA	Orange biscuits G	Banana Custard DA
<b>Tea</b>	Tuna melts with vegetable sticks G, E, DA	Crumpets and vegetable sticks G	Sweet potato and chorizo soup G, DA	Rainbow couscous G	Selection of homemade sandwiches G, DA
<b>Vegetarian Tea</b>	Cheese melts with vegetable sticks G, E, DA	Crumpets and vegetable sticks G	Sweet potato & butter bean soup G, DA	Rainbow couscous G	Selection of homemade sandwiches G, DA
<b>Dessert</b>	Fruit	Jam rolls G	Apple and raspberry cobbler G	Fruit	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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# Winter Menu

## Week 4

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<b>Breakfast</b>	Selection of cereals Weetabix, Rice Krispies, Ready Brek Toast / milk or fresh water to drink G, DA				
<b>Snack</b>	A selection of fresh fruits and vegetables Savoury biscuits G, SS				
<b>Lunch</b>	Spaghetti and meatballs G, DA	Sage, bacon & parsnip pasta G, DA	Lamb hotpot G	Beef fajitas G	Tuna melts with vegetable sticks G, DA, E
<b>Vegetarian Lunch</b>	Spaghetti and Quorn meatballs G, E, DA	Hidden vegetable pasta bake DA	Vegetarian hotpot G, E	Quorn fajitas G, E	Cheese melts with vegetable sticks G, DA, E
<b>Dessert</b>	Fruit and custard DA	Vanilla flapjack G	Jam sponge G, E	Fruit and yoghurt DA	Bread and butter pudding G, DA
<b>Tea</b>	Chicken nuggets & homemade potato fries with mixed vegetables G	Jacket potato, beans and cheeselime G	Spaghetti hoops on toast G	Mushroom, leek and potato soup G, DA	Selection of homemade sandwiches G, DA
<b>Vegetarian Tea</b>	Quorn nuggets & homemade potato fries with mixed vegetables G, E	Jacket potato, beans and cheese G	Spaghetti hoops on toast G	Mushroom, leek and potato soup G, DA	Selection of homemade sandwiches G, DA
<b>Dessert</b>	Yoghurt pots DA	Banana and raspberry smoothie DA	Fruit	Rice pudding DA	Lemon and lime biscuits G

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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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