

# Summer Menu

## Week 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals: Weetabix, Rice Krispies, Ready Brek Toast / milk and 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 dinner G	Vegetable curry G, DA	Chicken pasta bake G, DA	Rainbow couscous G	Fish cakes, wedges & beans G, F
<b>Vegetarian Lunch</b>	Roast Quorn dinner G, E	Vegetable curry G, DA	Vegetable pasta bake G, DA	Rainbow couscous G	Vegan fishless fingers G
<b>Dessert</b>	Banana custard DA	Apple and raspberry cobbler G	Fruit	Yoghurt pots DA	Fruit and yoghurt pureé DA
<b>Tea</b>	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
<b>Vegetarian Tea</b>	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
<b>Dessert</b>	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

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



# Summer 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>	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
<b>Vegetarian Lunch</b>	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
<b>Dessert</b>	Jam tarts G	Raspberry and banana smoothie DA	Pear and vanilla sponge G, E	Yoghurt pots DA	Fruit and custard DA
<b>Tea</b>	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
<b>Vegetarian Tea</b>	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
<b>Dessert</b>	Fruit G	Rice pudding DA	Yoghurt & fruit puree DA	Fruit	Rice Krispies cakes G

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

- |                     |                          |
|---------------------|--------------------------|
| 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 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>	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
<b>Vegetarian Lunch</b>	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
<b>Dessert</b>	Fruit salad	Smoothie DA	Fresh fruit	Mango fool DA	Apple & Blackcurrant cobbler G
<b>Tea</b>	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
<b>Vegetarian Tea</b>	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
<b>Dessert</b>	Yoghurt and fruit pureé DA	Frozen yoghurt pots DA	Jam sponge G, E	Oatmeal cookies G	Yoghurt pots DA

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

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



# Summer Menu

## Week 4

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>	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
<b>Vegetarian Lunch</b>	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
<b>Dessert</b>	Fruit and yoghurt DA	Lemon and lime shortbread G	Lemon sponge G, DA	Variety of fruit	Fruit and custard DA
<b>Tea</b>	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
<b>Vegetarian Tea</b>	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
<b>Dessert</b>	Custard swirls G, DA	Vanilla smoothie DA	Yoghurt DA	Banana Flapjack G	Frozen yoghurt pots DA

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

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

