

Winter Menu

Week 1

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	A selection of fresh fruits and vegetables Savoury biscuits G, SS				
Lunch	Mac and cheese G, DA	Beef roast G, SO	Chicken fajitas G	Spanish rice G	Fish fingers, wedges and vegetables G, F
Vegetarian Lunch	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
Dessert	Fruit and yoghurt DA	Fresh fruit	Fruit and custard DA	Fruit crumble and custard G, DA	Gingerbread G
Tea	Crumpets, cream cheese and veggie sticks G, DA	Homemade tomato soup G, DA	Jacket potato and beans G	Pizza wheels G, DA	Selection of homemade sandwiches G, DA
Vegetarian Tea	Crumpets, cream cheese and veggie sticks G, DA	Homemade tomato soup G, DA	Jacket potato and beans G	Pizza wheels G, DA	Selection of homemade sandwiches G, DA
Dessert	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 |

We accommodate children with specific dietary needs or allergies. Please inform us of any requirements, and we will ensure meals are prepared accordingly to meet your child's individual needs.

Please note that our chef may make changes due to supply availability, weather conditions, or other unforeseen circumstances.

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



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	A selection of fresh fruits and vegetables Savoury biscuits G, SS				
Lunch	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
Vegetarian Lunch	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
Dessert	Rice pudding DA	Homemade banana bread G	Lemon and lime drizzle sponge G, E	Fruit and yoghurt pureé DA	Fruit
Tea	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
Vegetarian Tea	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
Dessert	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 |
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Week 3

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	A selection of fresh fruits and vegetables Savoury biscuits G, SS				
Lunch	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
Vegetarian Lunch	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
Dessert	Spiced carrot cake G, E	Banana smoothie DA	Fruit and yoghurt DA	Orange biscuits G	Banana Custard DA
Tea	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
Vegetarian Tea	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
Dessert	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 |
| 7. DA - DAIRY | 14. SD - SULPHUR DIOXIDE |

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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	A selection of fresh fruits and vegetables Savoury biscuits G, SS				
Lunch	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
Vegetarian Lunch	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
Dessert	Fruit and custard DA	Vanilla flapjack G	Jam sponge G, E	Fruit and yoghurt DA	Bread and butter pudding G, DA
Tea	Chicken nuggets & homemade potato fries with mixed vegetables G	Jacket potato, beans and cheese G	Spaghetti hoops on toast G	Mushroom, leek and potato soup G, DA	Selection of homemade sandwiches G, DA
Vegetarian Tea	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
Dessert	Yoghurt pots DA	Banana and raspberry smoothie DA	Fruit	Rice pudding DA	Lemon and lime biscuits G

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