

Nursery Summer Menu  
Week 1.

Day	Breakfast	Lunch	Snack	Tea
<b>Monday</b>	Assorted Cereals  Soya Milk	Chilli Con Carne & Rice Vegetable & Bean Chilli Fruit Yoghurt Soya Yoghurt	Selection of Fruit	Sandwiches & Salad Ham or Tuna with Soya Spread Jam Tart Free From Jam Tart
<b>Tuesday</b>	Assorted Cereals  Soya Milk	Stir Fry Summer vegetables with Pasta  Apple Cake Dairy Free Cake	Selection of Fruit	Beans on Toast Soya Spread Fruit & Marshmallow Kebabs Fruit Kebabs
<b>Wednesday</b>	Assorted Cereals  Soya Milk	Roast Turkey, Potatoes, Vegetables and Yorkshire Pudding Roast Chicken Breast - Soya Yorkshire Roast Quorn Fillet Banana Split Banana & Soya Custard	Selection of Fruit	Homemade Spring Vegetable Soup  Shortbread Free From Shortbread
<b>Thursday</b>	Assorted Cereals  Soya Milk	Fish Fingers, Wedges & Peas Spanish Omelette  Gingerbread & Custard Free From Syrup Sponge Pudding & Soya Custard	Selection of Fruit	Homemade Muffin Pizzas Ham Pizza, No Cheese  Yoghurts Soya
<b>Friday</b>	Assorted Cereals  Soya Milk	Cheese, Sausage & Spinach Pie with Spaghetti Sausage, Spinach & Dairy Free Cheese Sauce Pie Vegetarian Sausage, Cheese & Spinach Pie  Raisin Flapjack Free From Cereal Bar	Selection of Fruit	Filled Rolls & Salad Bread & Soya spread sandwich, no dairy fillings Rice Pudding Soya Vanilla Dessert

Nursery Summer Menu  
Week 2.

Day	Breakfast	Lunch	Snack	Tea
<b>Monday</b>	Assorted Cereals  Soya Milk	Chicken Chasseur with vegetables & Rice Quorn Chasseur Cheese, Crackers & Grapes Soya Spread, Crackers & Grapes	Selection of Fruit	Homemade Spring Vegetable Soup Bread & Butter Soya Spread Fruit & Ice Cream Soya Cream
<b>Tuesday</b>	Assorted Cereals  Soya Milk	Homemade Pork Burgers & Homemade Wedges with Spaghetti Vegetarian Meatloaf Yoghurts Soya Yoghurts	Selection of Fruit	Filled Rolls & Salad Soya Spread No dairy filling Meat-free fillings  Frozen Raspberry Mousse Soya Vanilla Dessert
<b>Wednesday</b>	Assorted Cereals Soya Milk	Jacket Potatoes with Assorted Fillings No Dairy Toppings Meat-free Toppings Carrot Cake (Dairy Free Recipe)	Selection of Fruit	Summer Rice Salad Mayola Dressing Scotch Pancakes Free From Cookie
<b>Thursday</b>	Assorted Cereals  Soya Milk	Pasta Bolognaise Chickpea & Pepper Stew Banana & Ice Cream Soya Cream	Selection of Fruit	Cheese on Toast Ham Sandwich, Soya Spread Popcorn (Rice Pudding for babies) Soya Vanilla Dessert
<b>Friday</b>	Assorted Cereals  Soya Milk	Fish Cakes, Peas & Creamed Potato White Fish Vegetarian Cutlet Lemon & Blueberry Friand & Cream Dairy Free Cake	Selection of Fruit	Toasted Bagels with Assorted Toppings Soya Spread Fruit Yoghurts Soya Yoghurt

Items in red MUST be given as substitutes (NO DAIRY)  
Items in green MUST be given to Vegetarians  
(updated March 2012)

Nursery Summer Menu  
Week 3.

Day	Breakfast	Lunch	Snack	Tea
<b>Monday</b>	Assorted Cereals  Soya Milk	Spiced Australian Lentil Pie  Fruit Yogurts Soya Yoghurt	Selection of Fruit	Cous Cous & Sausages Cous Cous, Chickpeas & vegetables Mini-Milk Ice Lolly Fruit Flavour Ice-Lolly
<b>Tuesday</b>	Assorted Cereals  Soya Milk	Ham Quiche with Summer Rice Salad & 1000 Island Dressing Chicken with Rice Salad (Mayola dressing) Cheese Omelette Chocolate Chip Muffins Free From Cake	Selection of Fruit	Spaghetti on Toast Soya Spread Yoghurts Soya Yoghurt
<b>Wednesday</b>	Assorted Cereals  Soya Milk	Pasta Shapes with Assorted Toppings & Crusty Bread No Cheese Meat-free toppings Trifle Jelly & Soya Cream Fruit & Cream	Selection of Fruit	Homemade Spring Vegetable Soup Bread & Butter Soya Spread Choc Ices Fruit Flavour Ice-Lolly
<b>Thursday</b>	Assorted Cereals  Soya Milk	Chicken & Vegetable Risotto Quorn & Vegetable Risotto Fruit & Ice Cream Soya Cream	Selection of Fruit	Sandwiches & Salad Meat-free fillings Ginger Cookies Free From Cookie
<b>Friday</b>	Assorted Cereals  Soya Milk	Fisherman's Pie & Peas Poach Freya's fish in water Vegetable & Cheese Tarts with Beans Jam Sponge with Custard Free From Sponge & Soya Cream	Selection of Fruit	Crumpets & Muffins Soya Spread  Crackers, Cheese & Grapes Soya Spread

Nursery Summer Menu  
Week 4.

Day	Breakfast	Lunch	Snack	Tea
<b>Monday</b>	Assorted Cereals  Soya Milk	Pasta Bake with Vegetables & Tuna, Crusty Bread No cheese Raspberry Ripple Mousse Soya Yoghurt	Selection of Fruit	Scrambled Egg on Toast Beans on Toast with Soya spread Jelly & Ice-Cream Soya Cream
<b>Tuesday</b>	Assorted Cereals Soya Milk	Vegetable & Bean Chilli with Rice Yoghurts Soya Yoghurt	Selection of Fruit	Spaghetti on Toast Soya Spread Bara Brith Tea Loaf
<b>Wednesday</b>	Assorted Cereals  Soya Milk	Homemade Muffins Pizza, Homemade Wedges, Beans Ham pizza, no cheese Bananas & Custard Bananas & Soya Custard	Selection of Fruit	Sandwiches & Salad Soya Spread Meat-free fillings Chocolate Crispy Cakes Free From Cereal Bar
<b>Thursday</b>	Assorted Cereals  Soya Milk	Toad in the Hole, Roast Potatoes & Vegetables Yorkshire made from Soya milk & spread Vegetarian Sausages Ice Cream, Wafers & Sauce Fruit Ice-Lolly	Selection of Fruit	Pittas, Crudities & Dips No Dip Fairy Cakes Free From Cake
<b>Friday</b>	Assorted Cereals  Soya Milk	Creamy Chicken & Mushrooms with Rice Dairy Free Cheese Sauce Creamy Vegetable & Chick Peas Scones with Jam & Cream Free From Cake & Soya Cream	Selection of Fruit	Homemade Spring Vegetable Soup with Bread & Butter Soya Spread  Yoghurts Soya Yoghurt

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(updated March 2012)