

Nursery Gluten Free Menu 2023/4

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals , Weetabix, Cornflakes, Rice Krispies, Porridge, Ready Brek Toast Yoghurt with Fruit Puree Milk to Drink				
Snack	Alternating each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
Lunch	Chicken and vegetable Alfredo with broccoli	Potato and lentil curry with rice	Creamy fish pie served with diced carrots	Roasted turkey breast with sage & onion stuffing with diced roast potatoes, carrots, peas and gravy	Beef chilli with jacket potato
Dessert	Apple crumble & custard	Chocolate and beetroot brownie	Yoghurt with blueberries	Rice pudding with homemade raspberry compote	Pineapple
Snack	Alternating each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
Tea	Fishcakes with lightly spiced mixed beans	Pasta in a tomato and vegetable sauce served with garlic bread	Margerita pizza topped with a selection of vegetables served with carrot and pepper sticks	Tomato, lentil and basil soup served with garlic bread sticks	Selection of cheese, tuna and chicken with pitta bread and vegetable sticks
Pudding	Melon	Raspberry Yoghurt	Banana and Custard	Apple	Zesty Lemon Biscuit

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals , Weetabix, Cornflakes, Rice Krispies, Porridge, Ready Brek Toast Yoghurt with Fruit Puree Milk to Drink				
Snack	Alternating each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
Lunch	Chicken and Leek Casserole served with carrots	Pasta bolognaise served with garlic bread	Thai Green Curry and whole grain rice	Beef Goulash served with savoy cabbage	Fish Fingers with mashed potato and baked beans
Dessert	Peaches	Pear crumble & custard	Apple & blackberry cobbler	Banana and custard	Raspberries with yoghurt
Snack	Alternating each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
Tea	Bagels with a selection of fillings and vegetable sticks	Baked Jacket Potato with Baked Beans and grated cheese	Leek, Potato and Butterbean Soup with soft white rolls	Macaroni Cheese served with broccoli	Vegetable Cous Cous Medley with tomato wedges and cucumber sticks
Pudding	Homemade shortbread	Rice pudding with raspberry compote	Pear puree & yoghurt	Apple and cinnamon biscuit	Pear

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals , Weetabix, Cornflakes, Rice Krispies, Porridge, Ready Brek Toast Yoghurt with Fruit Puree Milk to Drink				
Snack	Alternating each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
Lunch	Spinach and broccoli mac 'n cheese served with garlic bread	Savory mince with mashed potato, cabbage and gravy	Jerk chicken with rice & beans	Turkey hotpot served with vegetable medley	Mild chicken korma curry and potato aloo
Dessert	Yoghurt with blueberries	Pear	Stewed spiced apple and yoghurt	Peaches	Orange sponge
Snack	Alternating each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
Tea	Jacket potato with tuna and homemade slaw	Chicken or tuna & sweetcorn wraps with vegetable sticks	Cheesy vegetable bake and a side salad	BBQ beans on toast topped with grated cheese	Salmon pasta bake and sweetcorn
Pudding	Banana	Pineapple and raspberry upside down cake	Homemade banana flapjack	Yoghurt with pear puree	Apple

Please note: These meals included **gluten-free options you can discuss with the nursery team**. All meals will be prepared to ensure they are age and stage appropriate and in line with each child's dietary requirements. Menu options or ingredients may change due to unforeseen circumstances. Your Nursery team will let you know if an alternative meal has been provided to your child.