

\*ASTERIX DENOTES ALTERNATIVE OPTION PLEASE SEE BABIES/ DIETARY REQUIREMENTS

\*ASTERIX DENOTES TYPE OF CEREAL PROVIDED- CEREALS INCLUDE- RICE KRISPIES, CORNFLAKES, WEETABIX, SHREDDIES

## Rainbow Nursery Healthy Eating Menu Autumn Menu

(For more information on Allergens see **CHEF RECIPE CARD** located in the kitchen)



	Breakfast 8:00	Circle 10:00	Lunch 11:30	Pudding	Snack 2:15	Tea 3:30	Babies & Toddlers	Special Dietary Requirements
<b>Monday</b>	Wholegrain cereal- (cornflakes, shreddies) Apples with water served. <b>C.C.G/M</b>	Crackerbread with cheese spread Milk or Water <b>C.C.G/M</b> May contain N/M	Tagliatelle with veggie mince (V) and mixed salad (lettuce, cucumber, beetroot) <b>C.C.G</b>	Peaches in juice Water	Clementines and red grapes Milk or water. <b>M</b>	Sardines and toast yogurt <b>M</b> or Dairy-free yogurt <b>S</b> with blueberries Water <b>C.C.G/F</b>	Stewed peaches	Vegetable Fingers <b>C.C.G</b>
<b>Tuesday</b>	Wholegrain cereal- (Bran flakes, Rice Krispies) Plum with water. <b>C.C.G/M</b>	Banana and apples Milk or water. <b>M</b>	Homemade sweet potato butternut squash and kidney bean soup with wholemeal bread rolls <b>C.C.G</b>	Pear flan Water. <b>C.C.G/M</b>	Breadsticks Milk or water. <b>C.C.G/M</b> May contain N/M	Turkey or cheese (V) brioche bun Mandarins in juice Water <b>C.C.G/F</b>	Stewed pears and custard or dairy-free custard <b>M/S</b>	
<b>Wednesday</b>	Wholegrain cereal- (cornflakes, Weetabix) Banana with water served. <b>C.C.G/M</b>	Rice cakes Milk or water. <b>M</b> <b>C.C.G</b>	Moroccan lamb (with apricots) or Quorn (V) with cous cous and green beans <b>C.C.G</b>	Fresh fruit platter (melon, raspberries, kiwi) Water	Cucumber and sweet pepper sticks Milk or water. <b>M</b>	Egg sandwiches Nectarines Water <b>C.C.G/E</b>		Beans on toast <b>C.C.G</b>
<b>Thursday</b>	Wholegrain cereal- (Toast, porridge) Oranges with water served. <b>C.C.G/M</b>	Green grapes and plums Milk or water. <b>M</b>	Fish and potato pie with petit pois and broccoli <b>C.C.G/F</b>	Yogurt or dairy-free yogurt with blueberries Water <b>M/S</b>	Scotch pancakes Milk or water. <b>C.C.G/M/E</b>	Tomato and butterbean soup with wholegrain crackers Apples Water <b>C.C.G/M</b>		Veggie mince and mashed potato
<b>Friday</b> <b>MEAT FREE DAY</b>	Wholegrain cereal- (Rice Krispies, Weetabix) Peach with water <b>C.C.G/M</b>	Pears and oranges Milk or water. <b>M</b>	Mixed vegetable and lentil pilau rice with sweetcorn (V)	Banana and custard or dairy-free custard Water <b>C.C.G/M/S</b>	Oatcakes Milk or water. <b>C.C.G/M</b> May contain N/M	Hummus bagel Cherry tomato and sugar snap peas Water <b>C.C.G/S.S</b>		

**14 ALLERGENS: CELERY (C), CEREALS CONTAINING GLUTEN (C.C.G), CRUSTACEANS (CR), EGGS (E), FISH (F), LUPIN (L), MILK (M), MOLLUSCS (MO), MUSTARD (MUST), NUTS (N), PEANUTS (P), SESAME SEEDS (S.S), SOYA (S), SULPHUR DIOXIDE/SULPHATES (S.D) SPR SPECIAL DIAETRY REQUIREMENTS**