

*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 Summer 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 & Toddler	Special Dietary Requirements
Monday	Wholegrain cereal-(Shreddies, Porridge) Banana water served. C.C.G/M	Oatcakes Milk or Water C.C.G/M May contain N/M	Tomato and kidney bean pasta (V) and mixed salad (lettuce, cucumber, spring onion) C.C.G.	Mango in juice Water	Pear and strawberries Milk or water M	*Scrambled egg and toast *Cherry tomato and sugar snap pears Water C.C.G/E	Stewed Mango	Beans on toast C.C.G
Tuesday	Wholegrain cereal- (Bran flakes, Weetabix) Pear with water C.C.G/M	Orange and apple Milk or water. M	BBQ chicken or BBQ Quorn (V) potato wedges and corn on the cob C.C.G/M	Semolina Water. M C.C.G	Rice cakes Milk or water. C.C.G/M	*Salmon and cucumber sandwiches *Avocado Water C.C.G.F	Mashed potato	Cheese and salad sandwiches C.C.G
Wednesday MEAT FREE DAY	Wholegrain cereal- (Rice Krispies, cornflakes) Oranges with water served. C.C.G/M	Raspberries and red grapes Milk or water. M	Vegetarian sausages with cous cous and carrots (V) C.C.G	Greek yogurt or M dairy-free yogurt Water M/S	Breadsticks Milk or water. C.C.GM May contain N/M	*Pitta with hummus Pineapple in juice water. C.C.G S.S		
Thursday	Wholegrain cereal-(Weetabix, shreddies) Plum with water served. C.C.G/M	Crackerbread with cheese spread Milk or water. M May contain N/M	Homemade lamb or lentil (V) chilli con carne with wholegrain rice and petit pois	Fresh fruit plater (melon, blueberries and tangerines)	Cucumber and sweet pepper sticks. Milk or water. M	*Turkey or mixed bean wrap (V) *Yogurt or dairy free yogurt Water M/S C.C.G	Stewed fruits	
Friday	Wholegrain cereal (Rice crispies, Bran flakes) Blueberries with water C.C.G/M	Plum and green grapes Milk or water. M	Cheese and tomato pizza with baked beans (V) C.C.G/M	Apple crumble and custard or dairy free custard Water C.C.G.M/S	Garlic bread Milk or Water C.C.G/M	Chicken soup or vegetable soup and butterbean (V) soup with cracker watermelon water.	Stewed apples and custard or dairy free custard M/S	

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