

*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 Winter 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
Monday	Wholegrain cereal-(Weetabix, Porridge) Orange water served. C.C.G/M	Rice cakes Milk or Water C.C.G/M	Creamy salmon pasta with broccoli and petit pois C.C.G/F/M	Pears in juice Water	Plums and satsuma milk or Water M	Beans on toast (V) Banana water. C.C.G/M	Stewed pears	Veggie mince pasta C.C.G/E
Tuesday	Wholegrain cereal- (Rice Krispies, Shreddies) Apple with water C.C.G/M	Sweet pepper and cherry tomatoes Milk or water. M	Chicken or chickpeas (V) casserole with cous cous and carrots C.C.G	Fresh fruit platter (pineapple, blueberries, melon) Water.	Oatcakes milk or Water C.C.G/M May contain N/M	Omelette and bread. Greek yogurt or dairy-free yogurt water. C.C.G.E M/S	Stewed fruits	Vegetable Fingers C.C.G
Wednesday	Wholegrain cereal (Weetabix, Bran flakes) Blueberries with water served. C.C.G/M	Clementines and pears Milk or water. M	Shepherds pie (lamb or quorn (V)) with mashed potato and green beans C.C.G	Yogurt or dairy free yogurt Water M/S	Crumpets milk or Water. C.C.G/M	*Minestrone soup with butterbeans and wholegrain crackers *Apples C.C.G/M/E		Vegetable and butterbean soup
Thursday	Wholegrain cereal-(Rice Krispies, cornflakes) Banana with water served. C.C.G/M	Crackerbread with cheese spread Milk or water. M/C.C.G May contain N/M	Lentil curry with wholegrain rice and mixed salad (lettuce, cucumber, beetroot) (V)	Peach crumble and custard or dairy free custard Water C.C.G/M/S	Red grapes and kiwi milk or water M	Fish cakes Oranges water. C.C.G/M/F	Stewed peaches and custard or dairy free custard M/S	Quorn burger
Friday MEAT FREE DAY	Wholegrain cereal- (Toast, Bran flakes) Plum with water C.C.G/M	Banana and green grapes Milk or water. M	Vegetable and butterbean stew with dumplings (V) C.C.G	Rice pudding Water M	Breadsticks milk or Water C.C.G/M May contain N/M	Cheese croissants M cucumber and carrot sticks with hummus dip (V)water. C.C.G/S.S		*Rice pudding with milk alternative

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