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| Small World Nursery Logo | **Autumn Menu - Week 1**Early weaners- As babies become used to flavours and textures, they will progress to more complex dishes. Finger foods like soft vegetables and bread are given in addition. Your key person will love to hear how weaning is going at home so we can work together. |
|  | **Breakfast****8am-8.45am** | **Lunch****12 noon** | **Teatime****4.15pm** |
| **Monday** | **A Selection of breakfast cereals****Allergens; G, M****(Soya & Rice milk is available)****Toast****Allergens: G, M****(Wheat free and dairy free options can be available)****Drinks****Milk, Water & Diluted Fruit Juice** | **Pasta Bake with Mince & Broccoli****Allergens: G****Angel Delight****Allergens: M** | **Pasta Bake with vegetarian mince & Broccoli****Allergens: G****Angel Delight****Allergens: M** | **Jacket Potatoes served with a selection of toppings****Allergens: M****Fresh Fruit****Allergens: None** |
| **Tuesday** | **Toad in the Hole with roast potatoes & vegetables****Allergens: G, M****Yoghurt****Allergens: M** | **Vegetarian Toad in the Hole with roast potatoes & Vegetables****Allergens: G, M****Yoghurt****Allergens: M** | **Leek & Potato Soup with Crusty Bread****Allergens: G****Fresh Fruit****Allergens: None** |
| **Wednesday** | **Lamb & Vegetable Tagine served with cous cous****Allergens: G, SD****Fresh Fruit****Allergens: None** | **Mixed Vegetable Tagine served with cous cous****Allergens:G, SD****Fresh Fruit** **Allergens: None** | **Wraps with a selection of fillings, Cucumber & carrot batons****Allergens: G, F, C****Yoghurt** **Allergens: M** |
| **Thursday** | **Pork Meatballs in a tomato sauce served with spaghetti, peas & carrots****Allergens: , E, SG****Apple Crumble & Custard****Allergens: G, M** | **Vegetarian Meatballs in a tomato sauce served with spaghetti, peas & carrots** **Allergens: G, E, S****Apple Crumble & Custard****Allergens: G, M** | **Muffins served with a section on toppings, cucumber & Carrot batons****Allergens: G, M****Fresh Fruit****Allergens: None** |
| **Friday** | **Fish & Leek potato topped pie served with Cauliflower****Allergens: F, M****Fruit Jelly & Ice Cream****Allergens: M** | **Cannellini Beans, Leek & Potato topped pie served with Cauliflower****Allergens: M****Fruit Jelly & Ice Cream****Allergens: M** | **Crackers with a selection of toppings served with cherry tomatoes****Allergens: G****Fresh Fruit****Allergens: None** |
| **Snacks -** A selection of fresh fruit, breadstick, rice cake or cracker and cheese cubes or cheese spread served with milk or water to drink |
| **Allergen Codes - G -** Cereals containing gluten, namely: wheat **Cr-** Crustaceans **E** – Eggs, **F**- Fish, P- Peanuts, **S -** Soybeans, **M –** Milk, N- Nuts; C - Celery (including celeriac), Mu – Mustard, **SS** – Sesame, **SD** - Sulphur dioxide/sulphites, **L**- Lupin , **Mo** - Molluscs |
| **Autumn**Here are some seasonal ingredients that are popular in this season. |
|  | * Apple
* Banana
* Blackberry
* Clementine’s
* Cranberries
* Elderberries
* Fig
 | * Pears
* Plums
* Pomegranate
 | * Celeriac
* Celery
* Onions
* Kale
* Leeks
* Parsnips
* Pumpkin
 | * Runner Beans
* Spring Onions
* Swede
* Sweet Potato
* Turnip
 | * Chicken
* Duck
* Lamb
* Pork

Turkey |
| Small World Nursery Logo | **Autumn Menu - Week 2**Early weaners- As babies become used to flavours and textures, they will progress to more complex dishes. Finger foods like soft vegetables and bread are given in addition. Your key person will love to hear how weaning is going at home so we can work together. |
|  | **Breakfast****8am-8.45am** | **Lunch****12 noon** | **Teatime****4.15pm** |
| **Monday** | **A Selection of breakfast cereals****Allergens; G, M****(Soya & Rice milk is available)****Toast****Allergens: G, M****(Wheat free and dairy free options can be available)****Drinks****Milk, Water & Diluted Fruit Juice** | **Sausage Casserole with roast potatoes & Vegetables****Allergens: G****Angel Delight****Allergens: M** | **Vegetarian Sausage & Vegetable Casserole with roast potatoes & Vegetables****Allergens: G****Angel Delight****Allergens: M** | **Crackers with a selection of toppings served with cherry tomatoes****Allergens: G****Fresh Fruit****Allergens: None** |
| **Tuesday** | **Chilli Con Carne served with rice****Allergens: G, M****Fresh Fruit****Allergens:**  | **Vegetarian Chilli served with rice****Allergens: G, M****Fresh Fruit****Allergens:**  | **Jacket Potatoes served with a selection of toppings****Allergens: M****Fresh Fruit****Allergens: None** |
| **Wednesday** | **Fish Pie with vegetables** **Allergens: F, M, G****Apple Crumble & Custard****Allergens:G, M** | **Vegetarian Pie served with vegetables****Allergens:M, G****Apple Crumble & Custard** **Allergens: G, M** | **Sweet Potato & Lentil Soup with Crusty Bread****Allergens: G****Fresh Fruit****Allergens: None** |
| **Thursday** | **Lamb Ghoulash served with rice & Green beans****Allergens: G****Fresh Fruit****Allergens: G, M** | **Vegetable Ghoulash served with rice & Green beans****Allergens: G****Fresh Fruit****Allergens: G, M** | **Sandwiches served with a selection of fillings. Carrot & Cucumber Allergens: G, F****Yoghurt****Allergens: M** |
| **Friday** | **Shepherds Pie with swede & potato topping served with vegetables****Allergens: G****Yoghurt****Allergens: M** | **Vegetarian Shepherds Pie with a swede & Potato topping served with vegetables****Allergens:G****Yoghurt****Allergens: M** | **Muffins served with a section on toppings, cucumber & Carrot Allergens: G, M****Fresh Fruit****Allergens: None** |
| **Snacks -** A selection of fresh fruit, breadstick, rice cake or cracker and cheese cubes or cheese spread served with milk or water to drink |
| **Allergen Codes - G -** Cereals containing gluten, namely: wheat **Cr-** Crustaceans **E** – Eggs, **F**- Fish, P- Peanuts, **S -** Soybeans, **M –** Milk, N- Nuts; C - Celery (including celeriac), Mu – Mustard, **SS** – Sesame, **SD** - Sulphur dioxide/sulphites, **L**- Lupin , **Mo** - Molluscs |
| **Autumn**Here are some seasonal ingredients that are popular in this season. |
|  | * Apple
* Banana
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* Cranberries
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 | * Pears
* Plums
* Pomegranate
 | * Celeriac
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* Parsnips
* Pumpkin
 | * Runner Beans
* Spring Onions
* Swede
* Sweet Potato
* Turnip
 | * Chicken
* Duck
* Lamb
* Pork

Turkey |
| Small World Nursery Logo | **Autumn Menu - Week 3**Early weaners- As babies become used to flavours and textures, they will progress to more complex dishes. Finger foods like soft vegetables and bread are given in addition. Your key person will love to hear how weaning is going at home so we can work together. |
|  | **Breakfast****8am-8.45am** | **Lunch****12 noon** | **Teatime****4.15pm** |
| **Monday** | **A Selection of breakfast cereals****Allergens; G, M****(Soya & Rice milk is available)****Toast****Allergens: G, M****(Wheat free and dairy free options can be available)****Drinks****Milk, Water & Diluted Fruit Juice** | **Sausage, Mash Potato & Peas with gravy****Allergens: G****Ice Cream****Allergens: M** | **Vegetarian Sausage, mash potato & Peas with gravy****Allergens: G****Ice Cream****Allergens: M** | **Muffins served with a section on toppings, cucumber & Carrot batons****Allergens: G, M****Fresh Fruit** |
| **Tuesday** | **Spaghetti Bolognese served with garlic bread****Allergens; G****Apple Crumble & Custard****Allergens: G, M** | **Vegetarian Spaghetti Bolognese served with garlic bread****Allergens; G****Apple Crumble & Custard****Allergens: G, M** | **Crackers with a selection of toppings served with cherry tomatoes****Allergens: G****Fresh Fruit** |
| **Wednesday** | **Chicken & Vegetable pie served with potatoes & Vegetables****Allergens: G****Rice Pudding****Allergens: M** | **Root Vegetable pie served with potatoes & Vegetables****Allergens: G****Rice Pudding****Allergens: M** | **Jacket Potatoes served with a selection of toppings****Allergens: M****Fresh Fruit** |
| **Thursday** | **Chicken Curry served with rice and Naan bread****Allergens: G** **Fresh Fruit****Allergens: None** | **Vegetable Curry served with rice and Naan Fruit****Allergens:G****Fresh Fruit****Allergens: None** | **Pumpkin Soup with Crusty Bread Allergens: G****Fresh Fruit** **Allergens:**  |
| **Friday** | **Lamb & Pearl Barley Hotpot served with vegetables****Allergens: G, C, M, S****Yoghurt****Allergens: M** | **Vegetable & Pearl Barley Hotpot served with vegetables****Allergens:G, C, M, S****Yoghurt****Allergens: M** | **Sandwiches served with a selection of fillings. Carrot & Cucumber batons****Allergens: G, F****Yoghurt****Allergens: M** |
| **Snacks**A selection of fresh fruit, breadstick, rice cake or cracker and cheese cubes or cheese spread served with milk or water to drink |
| **Allergen Codes - G -** Cereals containing gluten, namely: wheat **Cr-** Crustaceans **E** – Eggs, **F**- Fish, P- Peanuts, **S -** Soybeans, **M –** Milk, N- Nuts; C - Celery (including celeriac), Mu – Mustard, **SS** – Sesame, **SD** - Sulphur dioxide/sulphites, **L**- Lupin , **Mo** - Molluscs |
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 | * Runner Beans
* Spring Onions
* Swede
* Sweet Potato
* Turnip
 | * Chicken
* Duck
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* Pork

Turkey |
| Small World Nursery Logo | **Autumn Menu - Week 4**Early weaners- As babies become used to flavours and textures, they will progress to more complex dishes. Finger foods like soft vegetables and bread are given in addition. Your key person will love to hear how weaning is going at home so we can work together. |
|  | **Breakfast****8am-8.45am** | **Lunch****12 noon** | **Teatime****4.15pm** |
| **Monday** | **A Selection of breakfast cereals****Allergens; G, M****(Soya & Rice milk is available)****Toast****Allergens: G, M****(Wheat free and dairy free options can be available)****Drinks****Milk, Water & Diluted Fruit Juice** | **Jacket Potatoes served with a selection of toppings****Allergens: M****Ice Cream** | **Muffins served with a section on toppings, cucumber & Carrot batons****Allergens: G, M****Fresh Fruit** |
| **Tuesday** | **Beef Stew served with dumplings****Allergens: G** **Apple Crumble & Custard****Allergens: G, M** | **Vegetarian Stew served with dumplings****Allergens: G****Apple Crumble & Custard****Allergens: G, M**  | **Crackers with a selection of toppings served with cherry tomatoes****Allergens: G****Fresh Fruit** |
| **Wednesday** | **Butter Chicken served with rice****Allergens:****Fresh Fruit****Allergens:** | **Chickpea Curry served with rice****Allergens:****Fresh Fruit****Allergens:** | **Jacket Potatoes served with a selection of toppings****Allergens: M****Fresh Fruit** |
| **Thursday** | **Beef Lasagne served with vegetables and garlic bread****Allergens:** **Fresh Fruit****Allergens: None**  | **Vegetarian Lasagne served with vegetables and garlic bread****Allergens:** **Fresh Fruit****Allergens: None** | **Sandwiches served with a selection of fillings. Carrot & Cucumber batons****Allergens: G, F****Yoghurt****Allergens: M** |
| **Friday** | **Liver & Onions served with potatoes and vegetables****Allergens: G****Apple & Blackberry Crumble & Custard****Allergens: G, M** | **Quorn fillet served with potatoes and vegetables****Allergens: G****Apple & Blackberry Crumble & Custard****Allergens: G, M**  | **Butternut Squash & White Bean Soup with Crusty Bread Allergens: G, F****Yoghurt****Allergens: M** |
| **Snacks -** A selection of fresh fruit, breadstick, rice cake or cracker and cheese cubes or cheese spread served with milk or water to drink |
| **Allergen Codes - G -** Cereals containing gluten, namely: wheat **Cr-** Crustaceans **E** – Eggs, **F**- Fish, P- Peanuts, **S -** Soybeans, **M –** Milk, N- Nuts; C - Celery (including celeriac), Mu – Mustard, **SS** – Sesame, **SD** - Sulphur dioxide/sulphites, **L**- Lupin , **Mo** - Molluscs |
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Turkey |