|  |  |
| --- | --- |
| Small World Nursery Logo | **Summer 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** | **Jacket Potatoes served with cheese, ham & Salad****Allergens: M****Angel Delight****Allergens: M** | **Jacket Potatoes served with cheese, & Salad****Allergens: M****Angel Delight****Allergens: M** | **Sandwiches served with a selection of fillings. Carrot & Cucumber Allergens: G, F, G****Fresh Fruit****Allergens: None** |
| **Tuesday** | **Chicken Chow Mein served with vegetables & Noodles****Allergens: G,S****Fruit****Allergens: M** | **Vegetable Chow Mein served with noodles****Allergens: G,S****Fruit****Allergens: M** | **Tomato & Basil Soup with Crusty Bread****Allergens: G****Fresh Fruit****Allergens: None** |
| **Wednesday** | **Butternut Squash & Chickpea Curry served with Rice & Naan Bread****Allergens: G, M****Mandarin Jelly & Ice Cream****Allergens; M** | **Wraps with a selection of fillings, Cucumber & carrot batons****Allergens: G, F, C****Yoghurt** **Allergens: M** |
| **Thursday** | **Mediterranean Chicken & Vegetables served with Cous Cous****Allergens: G, M****Fruit Salad & Natural Yoghurt****Allergens: M** | **Mediterranean Vegetables & Lentils served with Cous Cous****Allergens: G,M****Fruit Salad & Natural Yoghurt****Allergens: M** | **Jacket Potatoes served with a selection of toppings****Allergens: M****Fresh Fruit****Allergens: None** |
| **Friday** | **Sardines, Tomato & Spinach Linguine****Allergens: F, G****Bananas & Custard****Allergens: M** | **Spinach & Tomato Linguine****Allergens: G****Bananas & Custard****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 |
| **Summer**Here are some seasonal ingredients that are popular in this season. |
| * Apricots
* Banana
* Blackcurrants
* Cherries
* Damsons
* Gooseberry
* Nectarine
* Rhubarb
* Raspberries
* Redcurrants
* Strawberries
 | * Lettuce
* Peppers
* Spring Onion
* Tomatoes
 | * Asparagus
* Aubergine
* Broad Beans
* Broccoli
* Cabbage
* Carrot
* Courgettes
* Garlic
 | * Mangetout
* Marrow
* Onions
* Peas
* Spinach
* Sweetcorn
* Sweet Potato
 | * Beef
* Chicken
* Lamb
* Pork
 | * Halibut
* Kippers
* Mackerel
* Salmon
* Tuna
 |
| Small World Nursery Logo | **Summer 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** | **Tuna Pasta Bake & Salad****Allergens: F, G****Yoghurt****Allergens: M** | **Cannelini Bean & Pasta Bake & Salad****Allergens: F, G****Yoghurt****Allergens: M** | **Jacket Potatoes served with a selection of toppings****Allergens: M****Fresh Fruit****Allergens: None** |
| **Tuesday** | **Chicken & vegetable pie served with new potatoes & Vegetables****Allergens: G, M****Fruit Cocktail & Natural Yoghurt****Allergens: M**  | **Quorn & vegetable pie served with new potatoes & Vegetables****Allergens: G****Fruit Cocktail & Natural Yoghurt****Allergens: M**  | **Muffins served with a section on toppings, Cucumber & Carrot Allergens: G, M****Fresh Fruit****Allergens: None** |
| **Wednesday** | **Spaghetti Bolognese****Allergens:** **Strawberries & Cream****Allergens: M**  | **Vegetarian Bolognese****Allergens:****Strawberries & Cream****Allergens: M**  | **Chicken & Sweetcorn Soup with Crusty Bread****Allergens: G****Fresh Fruit****Allergens: None** |
| **Thursday** | **Spiced Lentil, Aubergine & Chickpea Stew served with toasted pitta bread****Allergens: G****Eves Pudding & Custard****Allergens: G, M** | **Sandwiches served with a selection of fillings. Carrot & Cucumber** **Allergens: G, F****Yoghurt****Allergens: M** |
| **Friday** | **Sweet & Sour Pork served with rice****Allergens: S****Peach Fool****Allergens: M** | **Sweet & Sour Vegetables served with rice****Allergens: S****Peach Fool****Allergens: M** | **Bagels 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 |
| **Summer**Here are some seasonal ingredients that are popular in this season. |
| * Apricots
* Banana
* Blackcurrants
* Cherries
* Damsons
* Gooseberry
* Nectarine
* Rhubarb
* Raspberries
* Redcurrants
* Strawberries
 | * Lettuce
* Peppers
* Spring Onion
* Tomatoes
 | * Asparagus
* Aubergine
* Broad Beans
* Broccoli
* Cabbage
* Carrot
* Courgettes
* Garlic
 | * Mangetout
* Marrow
* Onions
* Peas
* Spinach
* Sweetcorn
* Sweet Potato
 | * Beef
* Chicken
* Lamb
* Pork
 | * Halibut
* Kippers
* Mackerel
* Salmon
* Tuna
 |
| Small World Nursery Logo | **Summer 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** | **Roast Chicken, Roast potatoes and vegetables****Allergens: G****Bananas & Custard****Allergens: M** | **Quorn Fillet, Roast Potatoes and vegetables****Allergens:G****Bananas & Custard****Allergens: M** | **Muffins served with a section on toppings, Cucumber & Carrot Allergens: G, M****Fresh Fruit****Allergens: None** |
| **Tuesday** | **Vegetable & Lentil Curry served with rice & Naan bread****Allergens: G, M****Yogurt & Dates****Allergens: M** | **Jacket Potatoes served with a selection of toppings****Allergens: M****Fresh Fruit****Allergens: None** |
| **Wednesday** | **Fish & Leek Crumble served with a tomato sauce and green beans****Allergens: G****Rice Pudding with Jam****Allergens: M** | **Vegetable crumble served with tomato sauce****Allergens: G****Rice Pudding with Jam****Allergens: M** | **Sandwiches served with a selection of fillings. Carrot & Cucumber Allergens: G, F, G****Yoghurt****Allergens: M** |
| **Thursday** | **Lasagne served with garlic bread & Salad****Allergens: G, M****Stewed Apples & Ice cream****Allergens: M** | **Vegetarian Lasagne served with garlic bread & Salad****Allergens: G, M****Stewed Apples & Ice cream****Allergens: M** | **Vegetable Soup with Crusty Bread****Allergens: G****Fresh Fruit****Allergens: None** |
| **Friday** | **Sausage, Mash Potato, Peas & Gravy****Allergens: G****Angel Delight****Allergens: M** | **Vegetarian Sausages, Mash Potato, Peas & Gravy****Allergens: G****Angel Delight****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 |
| **Summer**Here are some seasonal ingredients that are popular in this season. |
| * Apricots
* Banana
* Blackcurrants
* Cherries
* Damsons
* Gooseberry
* Nectarine
* Rhubarb
* Raspberries
* Redcurrants
* Strawberries
 | * Lettuce
* Peppers
* Spring Onion
* Tomatoes
 | * Asparagus
* Aubergine
* Broad Beans
* Broccoli
* Cabbage
* Carrot
* Courgettes
* Garlic
 | * Mangetout
* Marrow
* Onions
* Peas
* Spinach
* Sweetcorn
* Sweet Potato
 | * Beef
* Chicken
* Lamb
* Pork
 | * Halibut
* Kippers
* Mackerel
* Salmon
* Tuna
 |
| Small World Nursery Logo | **Summer 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** | **Spinach & Tomato Pasta Bake****Allergens: G****Peach Fool****Allergens: M** | **Crackers with a selection of toppings served with cherry tomatoes****Allergens: G****Fresh Fruit****Allergens: None** |
| **Tuesday** | **Chilli served with Jacket Potatoes & Salad****Allergens: M****Ice Cream with Berries****Allergens: M** | **Vegetarian Chilli served with Jacket Potatoes & Salad****Allergens:M****Ice Cream with Berries****Allergens: M** | **Sandwiches served with a selection of fillings. Carrot & Cucumber Allergens: G, F, G****Yoghurt****Allergens: M** |
| **Wednesday** | **Roast Chicken, roast potatoes and vegetables****Allergens: G****Fresh Fruit****Allergens: None** | **Quorn Fillet, Roast Potatoes and vegetables****Allergens: G****Fresh Fruit****Allergens: None** | **Muffins served with a section on toppings, Cucumber & Carrot Allergens: G, M****Fresh Fruit****Allergens: None** |
| **Thursday** | **Spanish Chicken with vegetables served with Cous Cous****Allergens:****Angel Delight****Allergens: M** | **Mediterranean Vegetables served with Cous Cous****Allergens:****Angel Delight****Allergens: M** | **Fresh Fruit Jacket Potatoes served with a selection of toppings****Allergens: M****Fresh Fruit****Allergens: None** |
| **Friday** | **Cod, Potato & Spinach Curry served with rice & Naan bread****Allergens: F, M, Mu, G****Fruit Jelly & Cream****Allergens: M** | **Spinach & Potato Curry served with rice and Naan bread****Allergens: F, M, Mu, G****Fruit Jelly & Cream****Allergens: M** | **Sweet Potato Soup with Crusty Bread****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 |
| **Summer**Here are some seasonal ingredients that are popular in this season. |
| * Apricots
* Banana
* Blackcurrants
* Cherries
* Nectarine
* Rhubarb
* Raspberries
* Redcurrants
* Strawberries
 | * Lettuce
* Peppers
* Spring Onion
* Tomatoes
 | * Asparagus
* Aubergine
* Broad Beans
* Broccoli
* Cabbage
* Carrot
* Courgettes
* Garlic
 | * Mangetout
* Marrow
* Onions
* Peas
* Spinach
* Sweetcorn
* Sweet Potato
 | * Beef
* Chicken
* Lamb
* Pork
 | * Halibut
* Kippers
* Mackerel
* Salmon
* Tuna
 |