

Robsack Wood Nursery Tea Menu and Food Guide for Under 5's

Breakfast

- Selection of cereals (Weetabix, rice crispies, corn flakes)
- Porridge upon request
- A selection of fresh fruit
- Bread products such as toast, bagels, crumpets, muffins
- Spreads such as margarine, jam, marmite, lemon curd,
- Milk and water are available to drink all day

Snack Bar

- Carbohydrates such as muffins, tea cakes, crackers, breadsticks, rice cakes
- Soft cheese, margarine, cubes of cheese, ham slices, dips
- A selection of seasonal fruits and vegetables – **Parent donations are always welcome**
- Milk and water are available to drink all day

Dietary Information:

- F* – Contains fish
- G* – Contains gluten
- D* – Contains dairy
- E* – Contains eggs
- GT* – Contains gelatine

Vegetarian and Vegan options available upon request
Menu may be altered subject to availability of ingredients or children's choice
All allergies catered for.

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Week 1</u> <u>Tea</u>	Main: Pasta with a tomato sauce, with grated cheese Side: a choice of celery, cucumber and pepper sticks <i>G,D</i>	Main: Jacket potato with a choice of fillings – tuna, cheese or baked beans Side: cherry tomatoes and cucumber <i>D,F</i>	Main: A choice of ham turkey or cheese sandwiches on a mix of brown and white bread Side: Ice berg lettuce and pepper sticks <i>G,D</i>	Main: Pizza muffins with a choice of toppings, ham, cheese, tomato, pineapple and olives Side: Carrot sticks <i>G,D</i>	Main: Wraps with a choice of tuna, cheese or ham Side: Roasted vegetables <i>G,D</i>
	Dessert: A choice of fresh fruit	Dessert: Banana and raisin flapjack	Dessert: Low sugar Angel Delight with a selection of fresh fruit <i>D</i>	Dessert: Natural yoghurt with fruit <i>D</i>	Dessert: Fruit in custard <i>D</i>
<u>Week 2</u> <u>Tea</u>	Main: Jacket potato with cheese, ham and mashed pea filling Side: Celery sticks <i>D</i>	Main: Pitta bread with a choice of tuna, ham or cheese Side: Side salad <i>F,D</i>	Main: A choice of baked beans on toast or scrambled egg on toast on a mix of brown or white bread Side: Carrot and celery <i>G,D</i>	Main: Cheesy pasta bake with cream cheese and grated cheese Side: Roasted sweet potatoes <i>G,D</i>	Main: Couscous salad with sweetcorn and spring onion, Side: Mixed seasonal vegetables <i>G</i>
	Dessert: Bananas and custard <i>D</i>	Dessert: Fruit in jelly <i>GT</i>	Dessert: : Homemade fruity low sugar muffins <i>G</i>	Dessert: Yoghurt <i>D</i>	Dessert: Rice pudding <i>D</i>