

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

Breakfast:

- Selection of cereals (Weetabix, Rice Crispies, Cornflakes)
- Porridge (2 or 3 times per week, made to order)
- Fruit bowl
- Bread product, e.g. toast, muffins, bagels (mix white and wholemeal), crumpets (a mix of at least 3 over the course of a week)
- Spreads to include margarine, jam, marmite, marmalade, lemon curd
- Milk and water to drink

Snack Time/Snack Bar:

- One carbohydrate - muffins, tea cakes, crackers, breadsticks, rice cakes
- One of the following: Cheese spread, margarine, cubes of cheese, ham slices
- Dried and fresh fruit (to include parent donations)
- Milk and water to drink.

Dietary Information

- F** - Contains fish
G - Contains gluten
D - Contains dairy
E - Contains eggs

Tea:

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	$\frac{1}{2}$ Jacket potato with tuna or cheese and beans (F,D)	Ham or tuna pittas with roasted vegetables (carrots, tomatoes, peppers, butternut squash) (G,F,G)	Tuna and sweetcorn pasta with seasonal vegetable crudités (F,E)	Turkey mayonnaise and lettuce sandwiches with grated cheese grapes and sliced apple (mix white and wholemeal bread) (G,E,D)	Pizza muffins with a choice of toppings (cheese or ham plus tomato, pineapple, olives, sweetcorn) (D)
	Fruit kebab	Yoghurt	Selection of fresh fruit	Fruit cup and custard	Rice Pudding
Week Two	Cream cheese and sliced chicken pitta soldiers with celery and cucumber sticks with houmous/tzatziki (D)	Beans on toast/muffin with carrot and cucumber sticks (G)	Baked omelette with potato wedges, ham, cubes of cheese, pepper and carrots (D,E)	Cheese and tuna toasted sandwich with grapes and sliced apple (mix white and wholemeal bread) (D,E)	$\frac{1}{2}$ Jacket potato with cheese, ham and pea "mashed" filling (D)
	Banana and custard	Banana and raisin flapjack	Natural yoghurt with fruit	Home-made fruity muffins	fruit in Jelly

Vegetarian or vegan options available on request

Menu may be altered subject to availability of ingredients