



Maisie Poppins Nursery

the holistic approach to childhood

Weekly Menu

Starting 10th December 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Healthy unsweetened cereals and full fat organic milk (W, G, D)	Healthy unsweetened cereals and full fat organic milk (W, G, D)	Healthy unsweetened cereals and full fat organic milk (W, G, D)	Healthy unsweetened cereals and full fat organic milk (W, G, D)	Healthy unsweetened cereals and full fat organic milk (W, G, D)
Rolling snack	Oat cakes, rice cakes, rye crackers, organic fresh fruit from the farm (W, G)	Oat cakes, rice cakes, rye crackers, organic fresh fruit from the farm (W, G)	Oat cakes, rice cakes, rye crackers, organic fresh fruit from the farm (W, G)	Oat cakes, rice cakes, rye crackers, organic fresh fruit from the farm (W, G)	Oat cakes, rice cakes, rye crackers, organic fresh fruit from the farm (W, G)
Lunch – main	Leek and Red Pepper Quiche with Roasted New Potatoes with Chives & Butter, Cauliflower and Peas (W, G, D, E)	Salmon & Dill Fish Cakes with a Lemon & Parsley Mayonnaise & Mixed Salad with Creamed Mash Potato and Steamed Carrots (G, W, D, E)	Turkey Schnitzel with Lemon & Dill Sauce & Rice, Green Beans, Sweetcorn & Red Peppers (W, G, D, E)	Italian Beef Meatballs with Parmesan Cheese, Spaghetti with Parsley & Olive Oil and Roasted Mushrooms & Courgettes (W, G, D, E)	Macaroni Cheese with Cornbread with Garden Peas or Mushy Peas (W, G, D)
Lunch – dessert	Yoghurt (D)	Fresh Fruit	Mandarin Cheesecake (W, G, D, E)	Fresh Fruit	Yoghurt (D)
Tea	Various Savoury Finger Foods: Sandwiches, wraps, crudités, Hummus, etc (W, G, F, D)	Various Savoury Finger Foods: Sandwiches, wraps, crudités, Hummus, etc (W, G, F, D)	Various Savoury Finger Foods: Sandwiches, wraps, crudités, Hummus, etc (W, G, F, D) – TBC	Various Savoury Finger Foods: Sandwiches, wraps, crudités, Hummus, etc (W, G, F, D)	Various Savoury Finger Foods: Sandwiches, wraps, crudités, Hummus, etc (W, G, F, D)

ALLERGENS:

W = Wheat, M = Mustard, G = Contains Gluten, D = Contains Dairy C = Contains Celery,
E = Egg, S = Soya SU = Sulphites, F = Fish (W, G, D, C, E, S, M, SU, F)

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