



Maisie Poppins Nursery

the holistic approach to childhood

Weekly Menu

Starting 17th 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 | Barley Risotto, Pea & Cherry Tomatoes & Parmesan Cheese and Green Beans, Mushrooms and Courgettes (W, D,) | Grilled Portobello & Halloumi Burger with Aubergine & Mixed Peppers with Spanish Flavours Cauliflower (G, D, E) | Roasted Vegetable Spaghetti & Garlic Bread with Carrots. (W, G, D,) | Indian Vegetable Curry with Creamed Mashed Potato (G, S, D) | Breaded Plaice Served with Fresh Tartar Sauce & Lemon, New Potatoes with Shallots and Fresh Parsley and Garden Peas (W, G, D, E, F) |
| Lunch – dessert | Pumpkin & Cinnamon Cake with Custard (W, G, D, E) | Yoghurt (D) | Banana Loaf & Custard (W, G, D, E) | Poached Apple with Sultanas and Custard (S, D, E) | Fresh Fruit |
| 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) |

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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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