



# Maisie Poppins Nursery

the holistic approach to childhood

## Weekly Menu

Starting 3<sup>rd</sup> 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	Italian Beef Lasagne with Garlic Bread (W, G, D)	Vegetarian Sausage Casserole, Creamed Mash Potatoes and Cauliflower (G, W, S, D)	Italian Vegetarian Lasagne made with a Tomato & Fresh Basil Sauce, with Carrots & Fresh Thyme and Honey (W, G, D)	Traditional Lamb Hot Pot, Minted new Potatoes and Leeks with Red Cabbage & Sultanas (D, C)	Battered Pollock With Homemade Tartar Sauce and Fresh Lemon with Creamed Mash Potato and Garden Peas (W, G, D, F)
Lunch – dessert	Fresh Fruit	Pineapple Upside Down Cake & Fresh Cream (W, G, E, D)	Yoghurt (D)	Apple and Berry Crumble and Custard (W, G, D)	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)

### 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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