



# Maisie Poppins Nursery

the holistic approach to childhood

## Weekly Menu

Starting 11<sup>th</sup> March 2019

	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)	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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