



Maisie Poppins Nursery

the holistic approach to childhood

Weekly Menu

Starting 18th 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	Chicken & Vegetable Cobbler with Carrots and Honey (W, G, D)	Salmon and Leek Filo Parcel with Broccoli and Mixed Salad (W, G, D, F)	Lamb Apricot & Sultana Tagine with Lemon Couscous and Green Beans (G)	Vegetable Biryani, Mango Chutney & Poppadum with Indian Style Spinach & Chickpeas (S, G, SU)	Three Mushroom Stroganoff & Penne Pasta with Garden Peas (W, G, D, F)
Lunch – dessert	Yoghurt (D)	Fresh fruit	Yoghurt (D)	Raspberry & Orange Polenta Cake & Custard (G, 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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