



Maisie Poppins Nursery

the holistic approach to childhood

Weekly Food Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8.30	Healthy unsweetened cereals & organic milk/calcium enriched oat milk (W, G, D)	Healthy unsweetened cereals & organic milk/calcium enriched oat milk (W, G, D)	Healthy unsweetened cereals & organic milk/calcium enriched oat milk (W, G, D)	Healthy unsweetened cereals & organic milk/calcium enriched oat milk (W, G, D)	Healthy unsweetened cereals & organic milk/calcium enriched oat milk (W, G, D)
Mid Morning Snack 10am	Rye crackers & Seasonal fruit (W, G)	Oat cakes & Seasonal fruit (W, G)	Rye cakes & Seasonal fruit (W, G)	Bread sticks & Seasonal fruit (W, G)	Rye crackers & Seasonal fruit (W, G)
Lunch Time 11.30am: 1 - 2yrs 11.45am: 2 - 3yrs 12pm: 3 - 5yrs	Creamy mushroom & Garlic pasta Sweet corn & Savoy cabbage (W, G, D, V)	Vegetable Biryani (G, V)	Roast chicken with stuffing with Green beans & Swede (W, G)	Vegetable Lasagne (W, G, D, E)	Battered fish with Mash Green beans & Baked beans (W, G, F, D)
Vegetarian frittata with Green beans and Swede (D, E, V)			Mushroom and Halloumi burger (W, G, D)		
Dessert	Fresh fruit	Yoghurt/ (D)	Pineapple upside down cake with Custard (W, G, D)	Rhubarb crumble with Custard (W, G, D)	Yoghurt/ (D)
		Alpro pot	Fresh fruit	Fresh fruit	Alpro pot
Mid afternoon snack 2:30	Pepper, Cucumber sticks & Hummus	Cucumber, Carrot sticks & hummus	Carrot, Pepper sticks & Hummus	Cucumber, Pepper sticks & hummus	Cucumber, Carrot sticks & Hummus
Tea Time 4pm for all	Egg & Hummus sandwiches with Fruit salad (W, G, E, D)	Cheese & Tuna sandwiches with Fruit salad (W, G, F, D, E)	Hummus & Cheese sandwiches with Fruit salad (W, G, D)	Tuna & Hummus sandwiches with Fruit salad (W, G, F, D, E)	Cheese & Egg sandwiches with Fruit salad (W, G, D, E)

Eat Better
Start Better



Farmdrop

SUGAR SMART
Hackney

ALLERGENS:

- W** = Wheat,
- M** = Mustard
- G** = Contains Gluten
- D** = Contains Dairy
- C** = Contains Celery,
- E** = Egg
- S** = Soya
- SU** = Sulphites
- F** = Fish
- V** = Vegetarian

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