



Maisie Poppins Nursery

the holistic approach to childhood

Weekly Food Menu Week 2

	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	Beef bourginoun with Mash, Green beans & Sweat corn (W,G) Mushroom stroganoff with Mash, Green beans and Sweat corn (D,V)	Leek & Cherry tomato quiche with Roasted squash & Cabbage (W,G,D,E,V)	Cauliflower cheese and Garlic bread & carrots (W,G,D,V)	Vegetarian and Quorn stir fry (E,S,V)	Thai green curry with Mash (D,V)
Dessert	Yoghurt (D) Alpro pot	Bread and butter pudding (W, G, D, E) Fresh fruit	Yoghurt (D) Fresh fruit	Banana loaf cake with Custard (W, G, D, E) Fresh fruit	Yoghurt (D) 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	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



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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