



Maisie Poppins Nursery

the holistic approach to childhood

Weekly Food Menu Week 3

| | 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 | Lentil and Spinach bake with Mash and Green beans (W, G, D) Above option has 'Dairy free' alternative | Vegetable noodle stir fry (W, G, D, E) | Roast beef and Yorkshire pudding with Mash and Rooted roast vegetables (W, G, D, E) Quorn and Vegetable cobbler with Mash and Rooted roast vegetables (W, G, D, E, S, V) | Vegetable Bolognese (G) | Spanish omelette with Mash, Mushy peas and Grilled tomatoes (E, D) |
| Dessert | Apple, cinnamon and sultana crumble (W, G, D, E) Fresh fruit | Yogurt (D) Alpro pot | Fresh fruit | Yogurt (D) Alpro pot | Vanilla rice pudding (D) Fresh fruit |
| 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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