



## FRESHFIELDS NURSERY SCHOOL – LUNCH MENU

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
	<b>wc 10<sup>th</sup> Sept, 15<sup>th</sup> Oct</b>	<b>wc 17<sup>th</sup> Sept, 22<sup>nd</sup> Oct</b>	<b>wc 24<sup>th</sup> Sept, 1<sup>st</sup> Oct, 29<sup>th</sup> Oct</b>	<b>wc 3<sup>rd</sup> Sept, 8<sup>th</sup> Oct</b>
<b>Monday</b>	Haddock (F) and broccoli pasta (CI) bake / Fruit with greek yoghurt (Mk)	Hotdogs (Mk, SI, Sy) with wedges and beans / Greek yoghurt (Mk) with fruit coulis	Vegetable curry (Ce) with rice / Greek yoghurt (Mk) and fruit coulis	Mexican chicken (Ce) with rice / Fruit and yoghurt (Mk)
<b>Tuesday</b>	Chilli beef with rice (CI) / Raspberry mousse (Mk)	Sweet and sour vegetables with rice / Sugar free jelly	Pork meatballs (Ce) with mash and vegetables / Fruit with ice cream (Mk)	Spaghetti bolognaise (Ce/CI) / Jelly and ice cream (Mk)
<b>Wednesday</b>	Jacket potatoes with a mix of fillings and salad / Banana, raisin and yoghurt (Mk)	Moroccan pork with cous cous (CI, SI, Ce) / Fruit selection	Fish fingers (F, CI) with beans and wedges / Jelly and ice cream (Mk)	Hotdogs with beans (CI, Mk, SI) / Fruit
<b>Thursday</b>	Macaroni cheese (Mk,CI) with tomato and ham, peas and sweetcorn / Raspberries and melon	Moussaka (Ce, Mk, CI) with roasted veg / Strawberry mousse (Mk)	Chicken with bacon in a tomato sauce, served with cous cous (CI)/ Summer crumble (Ce) and ice cream (Mk)	Roast chicken with broccoli, new potatoes and gravy (Ce) / Fruit
<b>Friday</b>	Chicken and vegetable curry (Ce) with new potatoes / Ice cream (Mk) with wafer (Sy)	Salmon and cod (F) risotto (Ce) / Ice cream (Mk) with wafers (Sy)	Jacket potatoes with mix of fillings and salad / Strawberry mousse (Mk)	Mediterranean vegetable pasta bake with garlic bread (Ce, CI) / Ice cream (Mk) with wafer (Sy)

*Alternatives will always be provided for any dietary requirements. Menu's are also subject to change due to ingredient availability and other extenuating factors.*

### Allergen Guide

Ce – Celery CI – Cereals Cr - Crustaceans E – Eggs F – Fish L – Lupin Mk – Milk Mo – Molluscus Mu – Mustard N – Nuts P – Peanuts Ss – Sesame Sy – Soya SI- Sulphur



## FRESHFIELDS NURSERY SCHOOL – TEA MENU

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
	wc 10 <sup>th</sup> Sept, 15 <sup>th</sup> Oct	wc 17 <sup>th</sup> Sept, 22 <sup>nd</sup> Oct	wc 24 <sup>th</sup> Sept, 1 <sup>st</sup> Oct, 29 <sup>th</sup> Oct	wc 3 <sup>rd</sup> Sept, 8 <sup>th</sup> Oct
<b>Monday</b>	Crackers (Cl), cheese spread (Mk) and marmite with cucumber and tomato slices / Homemade cake (E)	Make your own wraps with grated cheese (Cl, Sy, Mk), ham and salad selection (sandwiches for babies) / Melon and pineapple	Bagels with cream cheese (Cl, Mk) and veg batons / Banana's and custard	Make your own pitta pockets with salad (sandwiches for the babies) (Cl, Sy) / Melon and pineapple
<b>Tuesday</b>	Selection of sandwiches (Cheese, Tuna, Egg) (Cl, Sy, Mk, F, E) / Fruit selection	Mix of sandwiches (Cheese, Tuna, Egg) (Cl, Sy, Mk, F, E) with veg batons / Homemade cake	Spaghetti hoops with bread roll (Cl, Sy) / Homemade cake (E)	Crackers (Cl, Mk) with a mix of toppings and salad selection / Homemade cake (E)
<b>Wednesday</b>	Make your own wraps (sandwiches for babies) (Cl, Sy, Mk), mixed fillings and veg batons / fruit selection	Crumpets (Cl, Mk, Sy) with cheese chunks (Mk) and cucumber batons / Toasted teacakes	Mix of sandwiches (Cheese, Tuna, Egg) (Cl, Sy, Mk, F, E) with veg batons / Homemade cake (E)	Crumpets (Cl, Mk, Sy) / Mixed fruit / Greek yoghurt (Mk)
<b>Thursday</b>	Pizza muffins (Cl, Sy, Mk) with salad / Homemade cake (E)	Beans and bread roll (Cl, Sy) / Fruit	Crackers with cheese (Cl, Mk) and veg batons / Fruit – melon and pineapple	Baked beans and bread roll (Cl, Sy) / Fruit
<b>Friday</b>	Rolls with mixed fillings (Cl, Sy, Mk) and salad / Fruit selection	Crackers with cheese (Cl, Mk) and veg batons / Fruit selection	Croissants (Cl, Mk) with variety of savoury and sweet fillings / Mixed fruit	Mixed sandwiches (Cheese, Tuna, Egg) (Cl, Sy, Mk, F, E) with veg batons / Fruit

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