

Kiddies Kottage Nursery

Week 1 Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and Toast Contains: Gluten, Soya & Dairy	Cereal and Toast Contains: Gluten, Soya and Dairy	Cereal and Toast Contains: Gluten, Soya & Dairy	Cereal and Toast Contains: Gluten, Soya & Dairy	Cereal and Toast Contains: Gluten, Soya & Dairy
Snack	Selection of Fresh Fruits	Selection of Fresh Fruits	Selection of Fresh Fruits	Selection of Fresh Fruits	Selection of Fresh Fruits
Lunch	Chickpea, Vegetable Biryani with Carrots, Cauliflower and Potatoes Contains: N/A	Steamed Fish with a Garlic and Parsley Sauce served with New Potatoes Contains: Fish	Spaghetti & Halal Beef Bolognese with Carrots Contains: Celery & Gluten	Creamy Chicken Rice Bake with Carrots, Petit Poi and Mushrooms Contains: Dairy & Celery	Vegetable Pasta Bake with Aubergines and Courgettes Contains Gluten and Dairy
Vegetarian Option	Chickpea, Vegetable Biryani with Carrots, Cauliflower and Potatoes Contains: N/A	Roasted Butterbeans with Garlic and Parsley Sauce served with New Potatoes Contains: N/A	Spaghetti & Soya Bolognese with Fresh Carrots Contains: Soya, Celery & Gluten	Creamy Quorn Rice Bake with Carrots, Petit Poi and Mushrooms Contains: Dairy, Quorn & Celery	Vegetable Pasta Bake with Aubergines and Courgettes Contains: Gluten & Dairy
Dessert	Fromage Frais Contains: Dairy	Homemade Ginger and Dates Flapjacks Contains: Dairy & Oats	Apple Crumble served with Fresh Cream Contains: Gluten & Dairy	Homemade Fruit Cake Contains: Dairy, Eggs & Gluten	Fresh Fruit Salad Contains: N/A
Afternoon Tea	Kidney Bean Pasta Salad Contains: Gluten	Selection of Freshly Made Sandwiches served with Cucumber and Carrot Sticks Contains: Dairy, Gluten & Soya	Homemade Quiche served with a Fresh Salad Contains: Gluten, Eggs & Dairy	Potato Wedges with Baked Beans Contains: N/A	Lentil and Cauliflower Dahl served with a Homemade Roll Contains: Gluten

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Week 2 Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and Toast Contains: Gluten, Soya & Dairy	Cereal and Toast Contains: Gluten, Soya and Dairy	Cereal and Toast Contains: Gluten, Soya & Dairy	Cereal and Toast Contains: Gluten, Soya & Dairy	Cereal and Toast Contains: Gluten, Soya & Dairy
Snack	Selection of Fresh Fruits	Selection of Fresh Fruits	Selection of Fresh Fruits	Selection of Fresh Fruits	Selection of Fresh Fruits
Lunch	Smoked Haddock Kedgeree with Petit Pois Contains: Fish and Dairy	Savoury Mince with New Potatoes Contains: Celery	Fisherman's Pie with Vegetables Contains: Fish, Dairy, Celery & Mustard	Chicken and Vegetable Curry served with Spinach Rice Contains: Dairy & Celery	Chicken sausages with Mashed potatoes and Vegetables Contains Gluten
Vegetarian Option	Chickpea Rice Bake with Petit Poi Contains: Dairy	Savoury Soya Mince with New Potatoes Contains: Soya and Celery	Butterbean Pie with Vegetables Contains: Dairy, Celery & Mustard	Quorn and Vegetable Curry served with Spinach Rice Contains: Dairy, Quorn & Celery	Soya sausages with Mashed potatoes and Vegetables Contains: Gluten & Soya
Dessert	Natural Yogurt and Strawberries Contains: Dairy	Apple Crumble served with Fresh Cream Contains: Gluten & Dairy	Homemade Carrot Cake Contains: Gluten & Egg	Vegetarian Orange Jelly with Mango Contains: N/A	Vanilla Ice – Cream with Bananas Contains: Dairy
Afternoon Tea	Garlic and Rosemary Potatoes with a Homemade Ranch Dressing Contains: Gluten	Broccoli and Stilton Soup with Homemade Bread Rolls Contains: Gluten & Dairy	Homemade Pizza with Mozzarella, Mushrooms & Peppers Contains: Gluten & Dairy	Chickpeas Pasta Salad with Homemade Pesto Sauce Contains: Gluten	Selection of Freshly Made Sandwiches served with a Salad Contains: Dairy, Gluten & Soya

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Week 3 Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and Toast Contains: Gluten, Soya & Dairy	Cereal and Toast Contains: Gluten, Soya and Dairy	Cereal and Toast Contains: Gluten, Soya & Dairy	Cereal and Toast Contains: Gluten, Soya & Dairy	Cereal and Toast Contains: Gluten, Soya & Dairy
Snack	Selection of Fresh Fruits	Selection of Fresh Fruits	Selection of Fresh Fruits	Selection of Fresh Fruits	Selection of Fresh Fruits
Lunch	Chickpea and Vegetable Curry served with Cous Cous Contains: N/A	Chilli Con Carne with Peppers & Spinach Rice Contains: N/A	Alfredo Pasta with Prawns, Peppers & Sweetcorn Contains: Fish, Dairy & Gluten	Chinese Style Egg Fried Rice Contains: Soya & Egg	Chicken Stir Fry with mixed Peppers and Mushrooms Contains: Gluten and Soya
Vegetarian Option	Chickpea and Vegetable served with Cous Cous Contains: N/A	Soya Chilli Con Carne with Peppers & Spinach Rice Contains: Soya	Alfredo Pasta with Soya pieces, Peppers & Sweetcorn Contains: Soya, Dairy & Gluten	Chinese Style Egg Fried Rice Contains: Soya & Egg	Quorn Stir Fry with Mixed Peppers and Mushrooms Contains: Quorn, Gluten & Soya
Dessert	Fromage Frais Contains: Dairy	Homemade Banana Cake Contains: Dairy, Eggs & Gluten	Apple & Pear Crumble with Ice-Cream Contains: Gluten & Dairy	Fresh Fruit Salad with Crème Fresh Contains: Dairy	Homemade Ginger Flapjacks Contains: Dairy and Oats
Afternoon Tea	Homemade Quiche served with a Salad Contains: Egg, Dairy and Gluten	Bombay Potatoes with Butterbeans Contains: N/A	Carrot and Coriander Soup with Homemade Tortilla Chips Contains: Gluten	Cheese & Tomato Pizza topped with Chickpeas, Onions & Spinach Contains: Gluten & Dairy	Potato Wedges served with a Homemade Salsa Dip Contains: N/A

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Week 4 Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and Toast Contains: Gluten, Soya & Dairy	Cereal and Toast Contains: Gluten, Soya and Dairy	Cereal and Toast Contains: Gluten, Soya & Dairy	Cereal and Toast Contains: Gluten, Soya & Dairy	Cereal and Toast Contains: Gluten, Soya & Dairy
Snack	Selection of Fresh Fruits	Selection of Fresh Fruits	Selection of Fresh Fruits	Selection of Fresh Fruits	Selection of Fresh Fruits
Lunch	Macaroni Cheese Pasta with Broccoli and Butter Beans Contains: Gluten and Dairy	Coconut Fish Curry with Sweet Potatoes & Rice Contains: Fish	Savoury Mince with New Potatoes Contains: Celery	Mild Chicken Madras with Rice and Seasonal Vegetables Contains: Dairy & Celery	Fisherman's Pie with Fine Green Beans Contains: Fish, Dairy, Celery & Mustard
Vegetarian Option	Macaroni Cheese Pasta with Broccoli and Butter Beans Contains: Gluten and Dairy	Coconut Vegetable Curry with Sweet Potatoes, Quorn & Rice Contains: Quorn	Savoury Soya Mince with New Potatoes Contains: Soya & Celery	Mild Quorn Madras with Rice and Seasonal Vegetables Contains: Dairy, Quorn & Celery	Butterbean Pie with Fine Green Beans Contains: Dairy, Celery & Mustard
Dessert	Natural Yogurt with Bananas Contains: Dairy	Homemade Ginger and Dates Flapjacks Contains: Dairy & Oats	Fresh Fruit Salad with Crème Fresh Contains: Gluten & Dairy	Homemade Carrot Cake Contains: Eggs & Gluten	Orange & Mango Jelly or Vegetarian Mango Jelly Contains: Pork
Afternoon Tea	Fish Fingers with Baked Beans & Vegetable Sticks Contains: Fish and Gluten	Broccoli and Stilton Soup with Homemade Garlic Bread Contains: Gluten & Dairy	Moroccan Spiced Vegetable Cous Cous Contains: Gluten	Mediterranean Feta Cheese & Tomato Pasta Contains: Dairy & Gluten	Homemade Falafels with Pitta Bread & Coleslaw Contains: Gluten & Egg