



## Shofar Day Nursery Menu



WEEK 1		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Babies</b>	<b>Breakfast</b>	Baby cereals	Baby cereals	Baby cereals	Baby cereals	Baby cereals
	<b>Lunch</b>	Pureed fish, peas and mashed potato	Pureed lentils with tomato, courgettes sweetcorn and rice	Pureed root vegetable and red lentil stew with Basmati rice No added sugar Fruit yoghurt	Mashed potato with baked beans and cheese	Pureed salmon, broccoli, carrots and pasta
	<b>Dessert</b>	Stewed fruit compote	Pureed fruit		Pureed fruit	Apple and custard compote
	<b>Tea</b>	Pureed mild vegetable korma with lentil rice	Pureed spaghetti bolognaise	Pureed noodles with peppers and broccoli	Pureed kidney beans with tomato sauce and vegetables	Pureed vegetables with rice
<b>Toddlers/ Pre-school</b>	<b>Breakfast</b>	Cereals and milk Toast with selection of spreads	Eggs with toast	Cereals and milk Toast with selection of spreads	Cereals and milk Toast with selection of spreads	Cereals and milk Toast with selection of spreads
	<b>Lunch</b>	Vegetable curry with rice	Roasted vegetable lasagne	Chicken Penne Pasta	Shepherd's pie	Jacket potato with tuna
	Side	Cherry tomatoes	Cucumber	Broccoli	Cucumber	Sweetcorn
	<b>Dessert</b>	Fresh fruit	Pineapple cake	Fresh fruit	Low sugar Fruity yoghurt	Stewed fruit
	<b>Tea</b>	Pasta bake	Fish fingers Peas	Vegetable soup With bread	Egg fried rice With sweetcorn	Falafel with hummus and pita