



Shofar Day Nursery Menu



WEEK 2		Monday	Tuesday	Wednesday	Thursday	Friday
Babies	Breakfast	Baby cereals	Baby cereals	Baby cereals	Baby cereals	Baby cereals
	Lunch	Pureed pasta with farmhouse vegetables	Pureed lentils with vegetables and rice	Pureed salmon and pasta	Pureed lentils, vegetables and rice	Mash potatoes, carrots and peas
	Dessert	Smooth vanilla rice pudding	Pureed fruit	No added sugar Fruit yoghurt	Pureed fruit	Stewed fruit compote
	Tea	Pureed vegetables with rice	Broccoli, cauliflower and potato mash	Chickpea and sweet potato mash	Pureed courgette, peas and rice	Pureed pasta with roasted vegetables
Toddlers/ Pre-school	Breakfast	Cereals and milk Toast with selection of spreads	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
	Lunch	Fish goujons with basmati rice	Shepherd's pie	Jacket potato with cheese	Chilli con carne with rice	Chicken risotto
	Side	French beans	Peas	Low sugar/salt Baked beans	Sweetcorn	Cucumber
	Dessert	Fresh fruit	Vanilla Rice pudding	Apple pudding with custard	Fruit compote	Fresh fruit
	Tea	Pizza With edamame beans	Sandwiches with tuna or cheese & cucumber	Vegetable soup With bread	Pastabake	Falafel with hummus and pita