



Shofar Day Nursery Menu



WEEK 3		Monday	Tuesday	Wednesday	Thursday	Friday
Babies	Breakfast	Baby cereals	Baby cereals	Baby cereals	Baby cereals	Baby cereals
	Lunch	Pureed lentils, vegetables and couscous	Pureed potato mash, beans and cheese	Pureed fish, peas and mashed potato	Pureed potato mash and vegetables	Pureed spaghetti bolognese
	Dessert	Smooth vanilla rice pudding	Stewed fruit compote	Pureed fresh fruit	Pureed vanilla rice pudding	No added sugar Fruit yoghurt
	Tea	Butternut squash and broccoli mash	Pureed sweetcorn and chickpea pasta	Pureed butternut squash with red lentils and rice	Pureed leak, peas and potato mash	Pureed cheese and tomato pasta bake
Toddlers/ Pre-school	Breakfast	Cereals and milk Toast with selection of spreads	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
	Lunch	Salmon pasta bake	Chicken penne pasta	Risotto with meatballs	Jacket potato with cheese	Shepherd's Pie
	Side	Cucumber	Carrots	Broccoli	Baked beans	Cherry tomatoes
	Dessert	Carrot cake with custard	Fresh fruit	Low sugar Fruity yoghurt	Stewed fruit	Fresh fruit
	Tea	Borekas with tomatoes	Egg fried rice with sweetcorn	Vegetable soup with bread	Cheese and tomato pasta bake	Falafel with hummus and cucumber