



**Shofar Day Nursery
Menu**



WEEK 4		Monday	Tuesday	Wednesday	Thursday	Friday
Babies	Breakfast	Baby cereals	Baby cereals	Baby cereals	Baby cereals	Baby cereals
	Lunch	Pureed vegetables and mash	Pureed fish, peas and mash	Pureed rice with vegetables and lentils	Pureed vegetables, haricot beans and mash	Pureed beany casserole with rice
	Dessert	Apple and custard compote	Pureed fruit	No added sugar Fruit yoghurt	Smooth apricot porridge	Pureed fruit
	Tea	Pureed tomato pasta with cheese	Pureed vegetables and basmati rice	Chickpea and sweet potato mash	Pureed tomato, kidney beans and rice	Pureed carrots, sweetcorn and spinach pasta
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	Cereals and milk Toast with selection of spreads	Eggs with toast
	Lunch	Pasta with tuna	Egg fried rice sweetcorn	Jacket potato with cheese	“Veggie balls” in a rich tomato sauce with Spaghetti	Fish Goujons with mash
	Side	Sweetcorn	Cherry tomatoes	Baked beans	Cucumber	Peas
	Dessert	Apple crumble with custard	Fresh fruit	Low sugar fruit yoghurt	Fruit compote	Fresh fruit
	Tea	Chicken risotto	Pastabake	Vegetable soup With bread	Pizza with edamame beans	Sandwiches with tuna or cheese