

Shofar Daycare Nursery Menu with replacements for children with allergies/ intolerances

Week 1	Shreddies with milk (oatmilk) Or rice crispies (pre-school only) (GF Ricesnaps) Portion of plum	Porridge with half slices banana (cinnamon if they want) (Made with oatmilk) (GF Cereal)	Boiled Eggs Toast Melon (Three colours) (Just toast, GF Toast)	Weetabix with milk (oatmilk) and raisins (GF Bran flakes)	Toast (GF) with vitalite and Preschool only: with a little honey or Marmite if children want. Portion of banana
Breakfast					
Morning snack	Fruit (2 portions) Apples & Banana Water and milk (oatmilk)	Melon (Three colours) Water and milk (oatmilk)	Fruit (2 portions) Apples & Pears Water and milk (oatmilk)	Fruit (2 portions) Pears and plum Water and milk (oatmilk)	Fruit (2 portions) Apples & pears Water and milk (oatmilk)
Lunch	Vegetable curry with rice (Versions free of lentils, tomato, pepper)	Roasted vegetable lasagne (Versions free of cheese, gluten, tomato, pepper)	Chicken Penne Pasta (Pulses, GF pasta, no tomato)	Shepherd's pie (Pulses, GF, no tomato)	Jacket potato with tuna (Mayo free tuna)
Side	Cherry tomatoes (Cucumber)	Cucumber	Broccoli	Cucumber	Sweetcorn
Dessert	Fresh fruit	Pineapple cake (Baked egg in cake, GF cake)	Fresh fruit	Fruity yoghurt (dairy-free yoghurt)	Stewed fruit
Afternoon snack	Cream cheese (hummus) spread on rice cakes Water and milk (oatmilk)	Carrot sticks & Cucumber Hummus (cream cheese) Water and milk (oatmilk)	Breadsticks (GF/ Rice cake) Cherry tomatoes (Cucumber) Water and milk (oatmilk)	Celery/pepper & Cucumber Hummus (cream cheese) Water and milk (oatmilk)	Oat cakes (Rice cake) Berry compote (no sugar) Water and milk (oatmilk)
Tea	Pasta Bake (Pulses, GF, no tomato)	Fish fingers, mash and peas (GF fish fingers)	Vegetable soup with bread (GF bread, allergen free)	Egg fried rice with sweetcorn (chickpeas)	Falafel with hummus, pita and cucumber (GF falafel & pita, sesame free falafel & hummus)
	Satsuma	Satsuma	Satsuma	Satsuma	Satsuma
Week 2	Shreddies with milk (oatmilk) Or rice crispies (pre-school only) (GF Ricesnaps) Portion of plum	Porridge with half slices banana (cinnamon if they want) (Made with oatmilk) (GF Cereal)	Boiled Eggs Toast Melon (Three colours) (Just toast, GF Toast)	Weetabix with milk (oatmilk) and raisins (GF Bran flakes)	Toast (GF) with vitalite and Preschool only: with a little honey or Marmite if children want. Portion of banana
Breakfast					
Morning snack	Fruit (2 portions) Apples & Banana Water and milk (oatmilk)	Melon (Three colours) Water and milk (oatmilk)	Fruit (2 portions) Apples & Pears Water and milk (oatmilk)	Fruit (2 portions) Pears and plum Water and milk (oatmilk)	Fruit (2 portions) Apples & pears Water and milk (oatmilk)
Lunch	Fish goujons with basmati rice (GF goujons)	Shepherd's pie (Pulses, GF, no tomato)	Jacket potato with cheese (no cheese)	Chilli con carne with rice (Pulses, GF, no tomato)	Chicken risotto (Pulses, no tomato)
Side	French beans	Peas	Baked Beans (plain beans – no tomato)	Sweetcorn	Cucumber
Dessert	Fresh fruit	Vanilla Rice pudding (dairy free)	Apple pudding with custard (Baked egg in cake, GF cake) (no custard – egg & dairy)	Fruit compote	Fresh fruit
Afternoon snack	Cream cheese (hummus) spread on rice cakes Water and milk (oatmilk)	Carrot sticks & Cucumber Hummus (cream cheese) Water and milk (oatmilk)	Breadsticks (GF/ Rice cake) Cherry tomatoes (Cucumber) Water and milk (oatmilk)	Celery/pepper & Cucumber Hummus (cream cheese) Water and milk (oatmilk)	Oat cakes (Rice cake) Berry compote (no sugar) Water and milk (oatmilk)
Tea	Egg fried rice with sweetcorn (chickpeas)	Sandwiches with tuna, cream cheese, egg mayonnaise & cucumber (GF bread, mayo free)	Vegetable soup with bread (GF bread, allergen free)	Pasta bake (Pulses, GF, no tomato)	Falafel with hummus, pita and cucumber (GF falafel & pita, sesame free falafel & hummus)
	Satsuma	Satsuma	Satsuma	Satsuma	Satsuma
Week 3	Shreddies with milk (oatmilk) Or rice crispies (pre-school only) (GF Ricesnaps) Portion of plum	Porridge with half slices banana (cinnamon if they want) (Made with oatmilk) (GF Cereal)	Boiled Eggs Toast Melon (Three colours) (Just toast, GF Toast)	Weetabix with milk (oatmilk) and raisins (GF Bran flakes)	Toast (GF) with vitalite and Preschool only: with a little honey or Marmite if children want. Portion of banana
Breakfast					
Morning snack	Fruit (2 portions) Apples & Banana Water and milk (oatmilk)	Melon (Three colours) Water and milk (oatmilk)	Fruit (2 portions) Apples & Pears Water and milk (oatmilk)	Fruit (2 portions) Pears and plum Water and milk (oatmilk)	Fruit (2 portions) Apples & pears Water and milk (oatmilk)
Lunch	Salmon pasta bake (GF, dairy free)	Chicken penne pasta (Pulses, GF, no tomato)	Risotto with meatballs (Pulses, GF, no tomato)	Jacket potato with cheese (no cheese)	Shepherd's Pie (Pulses, GF, no tomato)
Side	Cucumber	Carrots	Broccoli	Baked Beans (plain beans – no tomato)	Cherry tomatoes (cucumber)
Dessert	Carrot cake with custard (Baked egg in cake, GF cake) (no custard – egg & dairy)	Fresh fruit	Fruity yoghurt (dairy-free)	Stewed fruit	Fresh fruit
Afternoon snack	Cream cheese (hummus) spread on rice cakes Water and milk (oatmilk)	Carrot sticks & Cucumber Hummus (cream cheese) Water and milk (oatmilk)	Breadsticks (GF/ Rice cake) Cherry tomatoes (Cucumber) Water and milk (oatmilk)	Celery/pepper & Cucumber Hummus (cream cheese) Water and milk (oatmilk)	Oat cakes (Rice cake) Berry compote (no sugar) Water and milk (oatmilk)
Tea	Pizza With edamame beans (Versions free of cheese, gluten, tomato, pepper)	Egg fried rice with sweetcorn (chickpeas)	Vegetable soup with bread (GF bread, allergen free)	Pasta bake (Pulses, GF, no tomato)	Falafel with hummus, pita and cucumber (GF falafel & pita, sesame free falafel & hummus)
	Satsuma	Satsuma	Satsuma	Satsuma	Satsuma
Week 4	Shreddies with milk (oatmilk) Or rice crispies (pre-school only) (GF Ricesnaps) Portion of plum	Porridge with half slices banana (cinnamon if they want) (Made with oatmilk) (GF Cereal)	Boiled Eggs Toast Melon (Three colours) (Just toast, GF Toast)	Weetabix with milk (oatmilk) and raisins (GF Bran flakes)	Toast (GF) with vitalite and Preschool only: with a little honey or Marmite if children want. Portion of banana
Breakfast					
Morning snack	Fruit (2 portions) Apples & Banana Water and milk (oatmilk)	Melon (Three colours) Water and milk (oatmilk)	Fruit (2 portions) Apples & Pears Water and milk (oatmilk)	Fruit (2 portions) Pears and plum Water and milk (oatmilk)	Fruit (2 portions) Apples & pears Water and milk (oatmilk)
Lunch	Pasta with tuna (GF, no mayo)	Egg fried rice with sweetcorn (chickpeas)	Jacket potato with cheese (no cheese)	"Veggie balls" in a rich tomato sauce with Spaghetti (Pulses, GF, no tomato)	Fish Goujons with mash (GF goujons)
Side	Sweetcorn	Cherry tomatoes (Cucumber)	Baked Beans (plain beans – no tomato)	Cucumber	Peas
Dessert	Apple crumble with custard (GF cake) (no custard – egg & dairy)	Fresh fruit	Fruity yoghurt (dairy-free)	Fruit compote	Fresh fruit
Afternoon snack	Cream cheese (hummus) spread on rice cakes Water and milk (oatmilk)	Carrot sticks & Cucumber Hummus (cream cheese) Water and milk (oatmilk)	Breadsticks (GF/ Rice cake) Cherry tomatoes (Cucumber) Water and milk (oatmilk)	Celery/pepper & Cucumber Hummus (cream cheese) Water and milk (oatmilk)	Oat cakes (Rice cake) Berry compote (no sugar) Water and milk (oatmilk)
Tea	Chicken risotto (Pulses, no tomato)	Pasta bake (Pulses, GF, no tomato)	Vegetable soup with bread (GF bread, allergen free)	Pizza With edamame beans (Versions free of cheese, gluten, tomato, pepper)	Sandwiches with salmon, cream cheese, egg mayonnaise & cucumber (GF bread, mayo free)
	Satsuma	Satsuma	Satsuma	Satsuma	Satsuma

Allergies/ Dietary Requirements colour code – alternatives highlighted above

No Dairy	No running cow's milk	Can only have baked egg	No egg at all	Gluten
No Meat	Sesame	Soya	Other Allergies/ Intolerances	