

Daycare Nursery Menu with replacements for children with allergies/ intolerance

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)	To Pr hoi v
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)	V
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)	
Cucumber	Broccoli	Cucumber	
Pineapple cake (Baked egg in cake, GF cake)	Fresh fruit	Fruity yoghurt (dairy-free yoghurt)	
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)	Br V
Fish fingers, mash and peas (GF fish fingers)	Vegetable soup with bread (GF bread, allergen free)	Egg fried rice with sweetcorn (chickpeas)	Fala G
Satsuma	Satsuma	Satsuma	
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)	To Pr hoi v
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Shepherd's pie (Pulses, GF, no tomato)	Jacket potato with cheese (no cheese)	Chilli con carne with rice (Pulses, GF, no tomato)	
Peas	Baked Beans (plain beans – no tomato)	Sweetcorn	
Apple pudding with custard (Baked egg in cake, GF cake) (no custard – egg & dairy)	Vanilla Rice pudding (dairy free)	Fruit compote	
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)	Br V
Egg fried rice with sweetcorn (chickpeas)	Vegetable soup with bread (GF bread, allergen free)	Pasta bake (Pulses, GF, no tomato)	Fala G
Satsuma	Satsuma	Satsuma	
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Chicken penne pasta (Pulses, GF, no tomato)	Risotto with meatballs (Pulses, GF, no tomato)	Jacket potato with cheese (no cheese)	
Carrots	Broccoli	Baked Beans (plain beans – no tomato)	
Fresh fruit	Fruity yoghurt (dairy-free)	Stewed fruit	
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)	Br V
Falafel with hummus, pita and cucumber (GF falafel & pita, sesame free falafel & hummus)	Vegetable soup with bread (GF bread, allergen free)	Pasta bake (Pulses, GF, no tomato)	Sar che

Allergies/ Dietary Requirements colour code – alternatives highlighted above

	No running cow's milk	Can only have baked egg	No egg at all	
	Sesame	Soya	Other Allergies/ Intolerance	