

Shofar Daycare Nursery Menu

hreddies with milk Rice Crispies (pre-school) Portion of plum	Porridge with half slices banana & cinnamon (optional)	Boiled Eggs Toast Melon (Three colours)	Weetabix with milk and raisins	T Pre: with a P
Fruit (2 portions) Apples & Banana Water and milk	Melon (Three colours) Water and milk	Fruit (2 portions) Apples & Pears Water and milk	Fruit (2 portions) Pears & Plums Water and milk	F
etable curry with rice	Roasted vegetable lasagne	Chicken Penne Pasta	Shepherd's pie	Jack
Cherry tomatoes	Cucumber	Broccoli	Cucumber	
Fresh fruit	Pineapple cake	Fresh fruit	Fruity yoghurt	
am cheese spread on rice cakes Water and milk	Carrot sticks & Cucumber Hummus Water and milk	Breadsticks Cherry tomatoes Water and milk	Celery/Pepper & Cucumber Hummus Water and milk	Berry
Pasta Bake	Fish fingers, mash and peas	Vegetable soup with bread	Egg fried rice (chickpeas for children with egg allergies) with sweetcorn	Falaf
Satsuma	Satsuma	Satsuma	Satsuma	
hreddies with milk Rice Crispies (pre-school) Portion of plum	Porridge with half slices banana & cinnamon (optional)	Boiled Eggs Toast Melon (Three colours)	Weetabix with milk and raisins	T Pre: with a P
Fruit (2 portions) Apples & Banana Water and milk	Melon (Three colours) Water and milk	Fruit (2 portions) Apples & Pears Water and milk	Fruit (2 portions) Pears & Plums Water and milk	F
Fish goujons with basmati rice	Shepherd's pie	Jacket potato with cheese	Chilli con carne with rice	
French beans	Peas	Baked Beans	Sweetcorn	
Fresh fruit	Apple pudding with custard	Vanilla Rice pudding	Fruit compote	
am cheese spread on rice cakes Water and milk	Carrot sticks & Cucumber Hummus Water and milk	Breadsticks Cherry tomatoes Water and milk	Celery/Pepper & Cucumber Hummus Water and milk	Berry
dwiches: salmon, tuna, am cheese, hummus, g mayo & cucumber	Egg fried rice (chickpeas for children with egg allergies) with sweetcorn	Vegetable soup with bread	Pasta bake	Falaf
Satsuma	Satsuma	Satsuma	Satsuma	
hreddies with milk Rice Crispies (pre-school) Portion of plum	Porridge with half slices banana & cinnamon (optional)	Boiled Eggs Toast Melon (Three colours)	Weetabix with milk and raisins	T Pre: with a P
Fruit (2 portions) Apples & Banana Water and milk	Melon (Three colours) Water and milk	Fruit (2 portions) Apples & Pears Water and milk	Fruit (2 portions) Pears & Plums Water and milk	F
ried rice (chickpeas r children with egg gies) with sweetcorn	Chicken penne pasta	Risotto with meatballs	Jacket potato with cheese	
Cucumber	Carrots	Broccoli	Baked Beans	C
rot cake with custard	Fresh fruit	Fruity yoghurt	Stewed fruit	
am cheese spread on rice cakes	Carrot sticks & Cucumber Hummus	Breadsticks Cherry tomatoes	Celery/Pepper & Cucumber Hummus	Berry