

## Shofar Daycare Nursery Menu

<b>Week 1</b>	Shreddies with milk Or 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	Toast with Vitalite Preschool only options: with a little honey/ Marmite Portion of banana
<b>Breakfast</b>					
<b>Morning snack</b>	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	Fruit (2 portions) Apples & Pears Water and milk
<b>Lunch</b>	Vegetable curry with rice	Roasted vegetable lasagne	Chicken Penne Pasta	Shepherd's pie	Jacket potato with tuna
Side	Cherry tomatoes	Cucumber	Broccoli	Cucumber	Sweetcorn
Dessert	Fresh fruit	Pineapple cake	Fresh fruit	Fruity yoghurt	Stewed fruit
<b>Afternoon snack</b>	Cream 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	Oat cakes Berry compote (no sugar) Water and milk
<b>Tea</b>	Pasta Bake	Fish fingers, mash and peas	Vegetable soup with bread	Egg fried rice (chickpeas for children with egg allergies) with sweetcorn	Falafel with hummus, pita and cucumber
	Satsuma	Satsuma	Satsuma	Satsuma	Satsuma
<b>Week 2</b>	Shreddies with milk Or 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	Toast with Vitalite Preschool only options: with a little honey/ Marmite Portion of banana
<b>Breakfast</b>					
<b>Morning snack</b>	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	Fruit (2 portions) Apples & Pears Water and milk
<b>Lunch</b>	Fish goujons with basmati rice	Shepherd's pie	Jacket potato with cheese	Chilli con carne with rice	Chicken risotto
Side	French beans	Peas	Baked Beans	Sweetcorn	Cucumber
Dessert	Fresh fruit	Apple pudding with custard	Vanilla Rice pudding	Fruit compote	Fresh fruit
<b>Afternoon snack</b>	Cream 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	Oat cakes Berry compote (no sugar) Water and milk
<b>Tea</b>	Sandwiches: salmon, tuna, cream cheese, hummus, egg mayo & cucumber	Egg fried rice (chickpeas for children with egg allergies) with sweetcorn	Vegetable soup with bread	Pasta bake	Falafel with hummus, pita and cucumber
	Satsuma	Satsuma	Satsuma	Satsuma	Satsuma
<b>Week 3</b>	Shreddies with milk Or 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	Toast with Vitalite Preschool only options: with a little honey/ Marmite Portion of banana
<b>Breakfast</b>					
<b>Morning snack</b>	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	Fruit (2 portions) Apples & Pears Water and milk
<b>Lunch</b>	Egg fried rice (chickpeas for children with egg allergies) with sweetcorn	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	Fruity yoghurt	Stewed fruit	Fresh fruit
<b>Afternoon snack</b>	Cream 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	Oat cakes Berry compote (no sugar) Water and milk
<b>Tea</b>	Pizza With edamame beans	Falafel with hummus, pita and cucumber	Vegetable soup with bread	Pasta bake	Sandwiches: tuna, cream cheese, hummus, egg mayo & cucumber
	Satsuma	Satsuma	Satsuma	Satsuma	Satsuma
<b>Week 4</b>	Shreddies with milk Or 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	Toast with Vitalite Preschool only options: with a little honey/ Marmite Portion of banana
<b>Breakfast</b>					
<b>Morning snack</b>	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	Fruit (2 portions) Apples & Pears Water and milk
<b>Lunch</b>	Pasta with tuna	Egg fried rice (chickpeas for children with egg allergies) with 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	Fruity yoghurt	Fruit compote	Fresh fruit
<b>Afternoon snack</b>	Cream 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	Oat cakes Berry compote (no sugar) Water and milk
<b>Tea</b>	Chicken risotto	Pasta bake	Vegetable soup with bread	Pizza With edamame beans	Sandwiches: salmon, tuna, cream cheese, hummus, egg mayo & cucumber
	Satsuma	Satsuma	Satsuma	Satsuma	Satsuma