Shofar Daycare Nursery Menu					
Week 1	Shreddies with milk	Porridge with half slices	Boiled Eggs	Weetabix with milk and	Toast with Vitalite
Breakfast	Or Rice Crispies (pre- school) Portion of plum	banana & cinnamon (optional)	Toast Melon (Three colours)	raisins	Preschool only options: with a little honey/ Marmite Portion of banana
Morning snack	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
Lunch	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	Strewed fruit
Afternoon snack	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
Теа	Pasta Bake Satsuma	Fish fingers, mash and peas Satsuma	Vegetable soup with bread Satsuma	Egg fried rice (chickpeas for children with egg allergies) with sweetcorn Satsuma	Falafel with hummus, pita and cucumber Satsuma
Week 2	Shreddies with milk	Porridge with half slices	Boiled Eggs	Weetabix with milk and	Toast with Vitalite
Breakfast	Or Rice Crispies (pre- school) Portion of plum	banana & cinnamon (optional)	Toast Melon (Three colours)	raisins	Preschool only options: with a little honey/ Marmite Portion of banana
Morning	Fruit (2 portions)	Melon (Three colours)	Fruit (2 portions)	Fruit (2 portions)	Fruit (2 portions)
snack	Apples & Banana Water and milk	Water and milk	Apples & Pears Water and milk	Pears & Plums Water and milk	Apples & Pears Water and milk
Lunch	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
Afternoon	Cream cheese spread on rice cakes	Carrot sticks & Cucumber Hummus	Breadsticks Cherry tomatoes	Celery/Pepper & Cucumber Hummus	Oat cakes Berry compote (no sugar)
snack	Water and milk	Water and milk	Water and milk	Water and milk	Water and milk
Теа	Sandwiches: salmon, tuna, cream cheese, hummus, egg mayo & cucumber Satsuma	Egg fried rice (chickpeas for children with egg allergies) with sweetcorn Satsuma	Vegetable soup with bread Satsuma	Pasta bake Satsuma	Falafel with hummus, pita and cucumber Satsuma
Week 3	Shreddies with milk	Porridge with half slices	Boiled Eggs	Weetabix with milk and	Toast with Vitalite
Breakfast	Or Rice Crispies (pre- school) Portion of plum	banana & cinnamon (optional)	Toast Melon (Three colours)	raisins	Preschool only options: with a little honey/ Marmite Portion of banana
Morning snack	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
Lunch	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	Baked Beans Stewed fruit	Cherry tomatoes Fresh fruit
Afternoon snack	Cream cheese spread on rice cakes Water and milk				Fresh fruit
Afternoon	Cream cheese spread on rice cakes Water and milk Pizza With edamame beans	Fresh fruit Carrot sticks & Cucumber Hummus Water and milk Falafel with hummus, pita and cucumber	Breadsticks Cherry tomatoes Water and milk Vegetable soup with bread	Stewed fruit Celery/Pepper & Cucumber Hummus Water and milk Pasta bake	Oat cakes Berry compote (no sugar) Water and milk Sandwiches: tuna, cream cheese, hummus, egg mayo & cucumber
Afternoon snack Tea	Cream cheese spread on rice cakes Water and milk Pizza With edamame beans Satsuma	Fresh fruit Carrot sticks & Cucumber Hummus Water and milk Falafel with hummus, pita and cucumber Satsuma	Fruity yoghurt Breadsticks Cherry tomatoes Water and milk Vegetable soup with bread Satsuma	Stewed fruit Celery/Pepper & Cucumber Hummus Water and milk Pasta bake Satsuma	Fresh fruit Oat cakes Berry compote (no sugar) Water and milk Sandwiches: tuna, cream cheese, hummus, egg mayo & cucumber Satsuma
Afternoon snack	Cream cheese spread on rice cakes Water and milk Pizza With edamame beans Satsuma Shreddies with milk Or Rice Crispies (preschool)	Fresh fruit Carrot sticks & Cucumber Hummus Water and milk Falafel with hummus, pita and cucumber	Breadsticks Cherry tomatoes Water and milk Vegetable soup with bread	Stewed fruit Celery/Pepper & Cucumber Hummus Water and milk Pasta bake	Oat cakes Berry compote (no sugar) Water and milk Sandwiches: tuna, cream cheese, hummus, egg mayo & cucumber Satsuma Toast with Vitalite Preschool only options: with a little honey/ Marmite
Afternoon snack Tea Week 4	Cream cheese spread on rice cakes Water and milk Pizza With edamame beans Satsuma Shreddies with milk Or Rice Crispies (preschool) Portion of plum Fruit (2 portions) Apples & Banana	Fresh fruit Carrot sticks & Cucumber Hummus Water and milk Falafel with hummus, pita and cucumber Satsuma Porridge with half slices banana & cinnamon	Breadsticks Cherry tomatoes Water and milk Vegetable soup with bread Satsuma Boiled Eggs Toast Melon (Three colours) Fruit (2 portions) Apples & Pears	Stewed fruit Celery/Pepper & Cucumber Hummus Water and milk Pasta bake Satsuma Weetabix with milk and raisins Fruit (2 portions) Pears & Plums	Fresh fruit Oat cakes Berry compote (no sugar) Water and milk Sandwiches: tuna, cream cheese, hummus, egg mayo & cucumber Satsuma Toast with Vitalite Preschool only options: with a little honey/ Marmite Portion of banana Fruit (2 portions) Apples & Pears
Afternoon snack Tea Week 4 Breakfast Morning	Cream cheese spread on rice cakes Water and milk Pizza With edamame beans Satsuma Shreddies with milk Or Rice Crispies (preschool) Portion of plum Fruit (2 portions)	Fresh fruit Carrot sticks & Cucumber Hummus Water and milk Falafel with hummus, pita and cucumber Satsuma Porridge with half slices banana & cinnamon (optional) Melon (Three colours)	Breadsticks Cherry tomatoes Water and milk Vegetable soup with bread Satsuma Boiled Eggs Toast Melon (Three colours) Fruit (2 portions)	Stewed fruit Celery/Pepper & Cucumber Hummus Water and milk Pasta bake Satsuma Weetabix with milk and raisins Fruit (2 portions)	Oat cakes Berry compote (no sugar) Water and milk Sandwiches: tuna, cream cheese, hummus, egg mayo & cucumber Satsuma Toast with Vitalite Preschool only options: with a little honey/ Marmite Portion of banana Fruit (2 portions)
Afternoon snack Tea Week 4 Breakfast Morning snack	Cream cheese spread on rice cakes Water and milk Pizza With edamame beans Satsuma Shreddies with milk Or Rice Crispies (preschool) Portion of plum Fruit (2 portions) Apples & Banana Water and milk	Fresh fruit Carrot sticks & Cucumber Hummus Water and milk Falafel with hummus, pita and cucumber Satsuma Porridge with half slices banana & cinnamon (optional) Melon (Three colours) Water and milk Egg fried rice (chickpeas for children with egg	Breadsticks Cherry tomatoes Water and milk Vegetable soup with bread Satsuma Boiled Eggs Toast Melon (Three colours) Fruit (2 portions) Apples & Pears Water and milk	Stewed fruit Celery/Pepper & Cucumber Hummus Water and milk Pasta bake Satsuma Weetabix with milk and raisins Fruit (2 portions) Pears & Plums Water and milk "Veggie balls" in a rich tomato sauce with	Presh fruit Oat cakes Berry compote (no sugar) Water and milk Sandwiches: tuna, cream cheese, hummus, egg mayo & cucumber Satsuma Toast with Vitalite Preschool only options: with a little honey/ Marmite Portion of banana Fruit (2 portions) Apples & Pears Water and milk
Afternoon snack Tea Week 4 Breakfast Morning snack Lunch	Cream cheese spread on rice cakes Water and milk Pizza With edamame beans Satsuma Shreddies with milk Or Rice Crispies (preschool) Portion of plum Fruit (2 portions) Apples & Banana Water and milk Pasta with tuna Sweetcorn Apple crumble with	Fresh fruit Carrot sticks & Cucumber Hummus Water and milk Falafel with hummus, pita and cucumber Satsuma Porridge with half slices banana & cinnamon (optional) Melon (Three colours) Water and milk Egg fried rice (chickpeas for children with egg allergies) with sweetcorn	Fruity yoghurt Breadsticks Cherry tomatoes Water and milk Vegetable soup with bread Satsuma Boiled Eggs Toast Melon (Three colours) Fruit (2 portions) Apples & Pears Water and milk Jacket potato with cheese	Stewed fruit Celery/Pepper & Cucumber Hummus Water and milk Pasta bake Satsuma Weetabix with milk and raisins Fruit (2 portions) Pears & Plums Water and milk "Veggie balls" in a rich tomato sauce with Spaghetti	Fresh fruit Oat cakes Berry compote (no sugar) Water and milk Sandwiches: tuna, cream cheese, hummus, egg mayo & cucumber Satsuma Toast with Vitalite Preschool only options: with a little honey/ Marmite Portion of banana Fruit (2 portions) Apples & Pears Water and milk Fish Goujons with mash
Afternoon snack Tea Week 4 Breakfast Morning snack Lunch Side	Cream cheese spread on rice cakes Water and milk Pizza With edamame beans Satsuma Shreddies with milk Or Rice Crispies (preschool) Portion of plum Fruit (2 portions) Apples & Banana Water and milk Pasta with tuna Sweetcorn	Fresh fruit Carrot sticks & Cucumber Hummus Water and milk Falafel with hummus, pita and cucumber Satsuma Porridge with half slices banana & cinnamon (optional) Melon (Three colours) Water and milk Egg fried rice (chickpeas for children with egg allergies) with sweetcorn Cherry tomatoes	Breadsticks Cherry tomatoes Water and milk Vegetable soup with bread Satsuma Boiled Eggs Toast Melon (Three colours) Fruit (2 portions) Apples & Pears Water and milk Jacket potato with cheese Baked Beans	Stewed fruit Celery/Pepper & Cucumber Hummus Water and milk Pasta bake Satsuma Weetabix with milk and raisins Fruit (2 portions) Pears & Plums Water and milk "Veggie balls" in a rich tomato sauce with Spaghetti Cucumber	Fresh fruit Oat cakes Berry compote (no sugar) Water and milk Sandwiches: tuna, cream cheese, hummus, egg mayo & cucumber Satsuma Toast with Vitalite Preschool only options: with a little honey/ Marmite Portion of banana Fruit (2 portions) Apples & Pears Water and milk Fish Goujons with mash Peas Fresh fruit
Afternoon snack Tea Week 4 Breakfast Morning snack Lunch Side Dessert Afternoon	Cream cheese spread on rice cakes Water and milk Pizza With edamame beans Satsuma Shreddies with milk Or Rice Crispies (preschool) Portion of plum Fruit (2 portions) Apples & Banana Water and milk Pasta with tuna Sweetcorn Apple crumble with custard Cream cheese spread on rice cakes	Fresh fruit Carrot sticks & Cucumber Hummus Water and milk Falafel with hummus, pita and cucumber Satsuma Porridge with half slices banana & cinnamon (optional) Melon (Three colours) Water and milk Egg fried rice (chickpeas for children with egg allergies) with sweetcorn Cherry tomatoes Fresh fruit Carrot sticks & Cucumber Hummus	Breadsticks Cherry tomatoes Water and milk Vegetable soup with bread Satsuma Boiled Eggs Toast Melon (Three colours) Fruit (2 portions) Apples & Pears Water and milk Jacket potato with cheese Baked Beans Fruity yoghurt Breadsticks Cherry tomatoes	Stewed fruit Celery/Pepper & Cucumber Hummus Water and milk Pasta bake Satsuma Weetabix with milk and raisins Fruit (2 portions) Pears & Plums Water and milk "Veggie balls" in a rich tomato sauce with Spaghetti Cucumber Fruit compote Celery/Pepper & Cucumber Hummus	Fresh fruit Oat cakes Berry compote (no sugar) Water and milk Sandwiches: tuna, cream cheese, hummus, egg mayo & cucumber Satsuma Toast with Vitalite Preschool only options: with a little honey/ Marmite Portion of banana Fruit (2 portions) Apples & Pears Water and milk Fish Goujons with mash Peas Fresh fruit Oat cakes Berry compote (no sugar)