

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

<b>Week 1</b>	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
<b>Breakfast</b>					
<b>Morning snack</b>	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)
<b>Lunch</b>	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)
<b>Side</b>	Cherry tomatoes (Cucumber)	Cucumber	Broccoli	Cucumber	Sweetcorn
<b>Dessert</b>	Fresh fruit	Pineapple cake (Baked egg in cake, GF cake)	Fresh fruit	Fruity yoghurt (dairy-free yoghurt)	Stewed fruit
<b>Afternoon snack</b>	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)
<b>Tea</b>	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
<b>Week 2</b>	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
<b>Breakfast</b>					
<b>Morning snack</b>	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)
<b>Lunch</b>	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)
<b>Side</b>	French beans	Peas	Baked Beans (plain beans – no tomato)	Sweetcorn	Cucumber
<b>Dessert</b>	Fresh fruit	Apple pudding with custard (Baked egg in cake, GF cake) (no custard – egg & dairy)	Vanilla Rice pudding (dairy free)	Fruit compote	Fresh fruit
<b>Afternoon snack</b>	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)
<b>Tea</b>	Sandwiches with salmon, tuna, cream cheese, hummus, egg mayo & cucumber (GF bread, mayo free)	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
<b>Week 3</b>	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
<b>Breakfast</b>					
<b>Morning snack</b>	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)
<b>Lunch</b>	Egg fried rice with sweetcorn (chickpeas)	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)
<b>Side</b>	Cucumber	Carrots	Broccoli	Baked Beans (plain beans – no tomato)	Cherry tomatoes (cucumber)
<b>Dessert</b>	Carrot cake with custard (Baked egg in cake, GF cake) (no custard – egg & dairy)	Fresh fruit	Fruity yoghurt (dairy-free)	Stewed fruit	Fresh fruit
<b>Afternoon snack</b>	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)
<b>Tea</b>	Pizza With edamame beans (Versions free of cheese, gluten, tomato, pepper)	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)	Sandwiches with tuna, cream cheese, hummus, egg mayo & cucumber (GF bread, mayo free)
	Satsuma	Satsuma	Satsuma	Satsuma	Satsuma
<b>Week 4</b>	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
<b>Breakfast</b>					
<b>Morning snack</b>	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)
<b>Lunch</b>	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)
<b>Side</b>	Sweetcorn	Cherry tomatoes (Cucumber)	Baked Beans (plain beans – no tomato)	Cucumber	Peas
<b>Dessert</b>	Apple crumble with custard	Fresh fruit	Fruity yoghurt (dairy-free)	Fruit compote	Fresh fruit