

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

Week 1	Shreddies with milk (oatmilk) Or rice crispies (pre-school only) (GF Ricesnaps) Portion of plum	Porridge with banana & cinnamon (Made with oatmilk) (GF Cereal)	Weetabix with milk (oatmilk) and raisins (GF Bran flakes)	Boiled Eggs Toast Melon (Three colours) (Just toast, GF Toast)	Toast (GF) with vitalite and Preschool only: with a little honey or Marmite. Portion of banana
Breakfast					
Morning snack	Fruit (2 portions) Apple & Banana Water and milk (oatmilk)	Melon (Three colours) Water and milk (oatmilk)	Fruit (2 portions) Apple & Pear Water and milk (oatmilk)	Fruit (2 portions) Pear and plum Water and milk (oatmilk)	Fruit (2 portions) Apple & pear Water and milk (oatmilk)
Lunch	Jacket potato with tuna (Mayo free tuna)	Roasted vegetable lasagne (Versions free of cheese, gluten, tomato, pepper)	Tomato Chicken Penne Pasta (Quorn, GF pasta, no tomato)	Shepherd's pie (Pulses, GF, no tomato)	Vegetable curry with wholegrain rice (free of lentils, tomato, pepper)
Side	Sweetcorn	Cucumber	Broccoli	Cucumber	Cherry tomatoes (Cucumber)
Dessert	Stewed fruit	Pineapple cake (Baked egg in cake, GF cake)	Fresh fruit	Fruity yoghurt (dairy-free yoghurt)	Fresh fruit
Afternoon snack	Cream cheese/ hummus Rice cakes, Cucumber. Water and milk (oatmilk)	Cream cheese/ hummus Breadsticks, Carrot. Water and milk (oatmilk)	Cream cheese/ hummus Rice cakes, Cucumber. Water and milk (oatmilk)	Cream cheese/ hummus Breadsticks, Tomato (Carrot). Water and milk (oatmilk)	Oat cakes (Rice cake) Berry compote (no sugar) Water and milk (oatmilk)
Tea	Pasta Bake (No cheese - Pulses, GF pasta, no tomato)	Fish fingers, mash and peas (GF fish fingers)	Vegetable soup with wholemeal 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	Apple	Satsuma	Apple	Satsuma
Week 2	Shreddies with milk (oatmilk) Or rice crispies (pre-school only) (GF Ricesnaps) Portion of plum	Porridge with banana & cinnamon (Made with oatmilk) (GF Cereal)	Weetabix with milk (oatmilk) and raisins (GF Bran flakes)	Boiled Eggs Toast Melon (Three colours) (Just toast, GF Toast)	Toast (GF) with vitalite and Preschool only: with a little honey or Marmite. Portion of banana
Breakfast					
Morning snack	Fruit (2 portions) Apple & Banana Water and milk (oatmilk)	Melon (Three colours) Water and milk (oatmilk)	Fruit (2 portions) Apple & Pear Water and milk (oatmilk)	Fruit (2 portions) Pear and plum Water and milk (oatmilk)	Fruit (2 portions) Apple & pear Water and milk (oatmilk)
Lunch	Fish goujons with basmati rice (GF goujons)	Shepherd's pie (Pulses for soy & GF, no tomato)	Jacket potato with cheese (no cheese)	Chilli con carne with wholegrain rice (Pulses for soy & GF, no tomato)	Tomato Chicken Risotto (Quorn, no tomato)
Side	French beans	Peas	Baked Beans (plain beans - no tomato)	Sweetcorn	Cucumber
Dessert	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
Afternoon snack	Cream cheese/ hummus Rice cakes, Cucumber. Water and milk (oatmilk)	Cream cheese/ hummus Breadsticks, Carrot. Water and milk (oatmilk)	Cream cheese/ hummus Rice cakes, Cucumber. Water and milk (oatmilk)	Cream cheese/ hummus Breadsticks, Tomato (Carrot). Water and milk (oatmilk)	Oat cakes (Rice cake) Berry compote (no sugar) Water and milk (oatmilk)
Tea	Sandwiches with salmon, tuna, cream cheese, hummus, egg mayo & cucumber (GF bread, no tuna/egg, no cream cheese, no hummus)	Egg fried rice with sweetcorn (chickpeas)	Vegetable soup with wholemeal bread (GF bread, allergen free)	Pasta Bake (No cheese - Pulses, GF pasta, no tomato)	Falafel with hummus, pita and cucumber (GF falafel & pita, sesame free falafel & hummus)
	Satsuma	Apple	Satsuma	Apple	Satsuma
Week 3	Shreddies with milk (oatmilk) Or rice crispies (pre-school only) (GF Ricesnaps) Portion of plum	Porridge with banana & cinnamon (Made with oatmilk) (GF Cereal)	Weetabix with milk (oatmilk) and raisins (GF Bran flakes)	Boiled Eggs Toast Melon (Three colours) (Just toast, GF Toast)	Toast (GF) with vitalite and Preschool only: with a little honey or Marmite. Portion of banana
Breakfast					
Morning snack	Fruit (2 portions) Apple & Banana Water and milk (oatmilk)	Melon (Three colours) Water and milk (oatmilk)	Fruit (2 portions) Apple & Pear Water and milk (oatmilk)	Fruit (2 portions) Pear and plum Water and milk (oatmilk)	Fruit (2 portions) Apple & pear Water and milk (oatmilk)
Lunch	Egg fried rice with sweetcorn (chickpeas)	Tomato Chicken penne pasta (Quorn, GF, no tomato)	Jacket potato with cheese (no cheese)	Tomato Risotto with meatballs (soya) (Pulses, GF, no tomato)	Shepherd's Pie (Pulses, GF, no tomato)
Side	Carrots	Cucumber	Baked Beans (plain beans - no tomato)	Broccoli	Cherry tomatoes (cucumber)
Dessert	Carrot cake with custard (Baked egg in cake, GF cake) (no custard - egg & dairy)	Fresh fruit	Stewed fruit	Fruity yoghurt (dairy-free)	Fresh fruit
Afternoon snack	Cream cheese/ hummus Rice cakes, Cucumber. Water and milk (oatmilk)	Cream cheese/ hummus Breadsticks, Carrot. Water and milk (oatmilk)	Cream cheese/ hummus Rice cakes, Cucumber. Water and milk (oatmilk)	Cream cheese/ hummus Breadsticks, Tomato (Carrot). Water and milk (oatmilk)	Oat cakes (Rice cake) Berry compote (no sugar) Water and milk (oatmilk)
Tea	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 wholemeal bread (GF bread, allergen free)	Pasta Bake (No cheese - Pulses, GF pasta, no tomato)	Sandwiches with tuna, cream cheese, hummus, egg mayo & cucumber (GF bread, no tuna/egg, no cream cheese, no hummus)
	Satsuma	Apple	Satsuma	Apple	Satsuma
Week 4	Shreddies with milk (oatmilk) Or rice crispies (pre-school only) (GF Ricesnaps) Portion of plum	Porridge with banana & cinnamon (Made with oatmilk) (GF Cereal)	Weetabix with milk (oatmilk) and raisins (GF Bran flakes)	Boiled Eggs Toast Melon (Three colours) (Just toast, GF Toast)	Toast (GF) with vitalite and Preschool only: with a little honey or Marmite. Portion of banana
Breakfast					
Morning snack	Fruit (2 portions) Apple & Banana Water and milk (oatmilk)	Melon (Three colours) Water and milk (oatmilk)	Fruit (2 portions) Apple & Pear Water and milk (oatmilk)	Fruit (2 portions) Pear and plum Water and milk (oatmilk)	Fruit (2 portions) Apple & pear Water and milk (oatmilk)
Lunch	Pasta with tuna (GF, no mayo)	Egg fried wholegrain rice with sweetcorn (chickpeas)	Meatballs (soya mince) in tomato sauce with Spaghetti (Pulses, GF, no tomato)	Jacket potato with cheese (no cheese)	Fish Goujons with mash (GF goujons)
Side	Sweetcorn	Cherry tomatoes (Cucumber)	Cucumber	Baked Beans (plain beans - no tomato)	Peas
Dessert	Apple crumble with custard (GF cake) (no custard - egg & dairy)	Fresh fruit	Fruit compote	Fruity yoghurt (dairy-free)	Fresh fruit
Afternoon snack	Cream cheese/ hummus Rice cakes, Cucumber. Water and milk (oatmilk)	Cream cheese/ hummus Breadsticks, Carrot. Water and milk (oatmilk)	Cream cheese/ hummus Rice cakes, Cucumber. Water and milk (oatmilk)	Cream cheese/ hummus Breadsticks, Tomato (Carrot). Water and milk (oatmilk)	Oat cakes (Rice cake) Berry compote (no sugar) Water and milk (oatmilk)
Tea	Pizza With edamame beans (Versions free of cheese, gluten, tomato, pepper)	Pasta Bake (No cheese - Pulses, GF pasta, no tomato)	Vegetable soup with wholemeal bread (GF bread, allergen free)	Tomato Chicken Risotto (Pulses, no tomato)	Sandwiches with salmon, tuna, cream cheese, hummus, egg mayo & cucumber (GF bread, no tuna/egg, no cream cheese, no hummus)
	Satsuma	Apple	Satsuma	Apple	Satsuma

Allergies/ Dietary Requirements colour code – alternatives highlighted above

No Dairy	No running cow's milk	Can only have baked egg	No egg at all	Gluten
No Meat	Sesame	Soya	Other Allergies/ Intolerances	