

## Shofar Daycare Nursery Menu

All of the children have access to fresh drinking water throughout the day

<b>Week 1</b>	Shreddies with milk Or Rice Crispies (pre-school) Portion of plum	Porridge with banana & cinnamon	Weetabix with milk and raisins	Boiled Eggs Toast Melon (Three colours)	Toast with Vitalite <span style="color: blue;">Preschool only options: with a little honey/ Marmite</span> Portion of banana
<b>Breakfast</b>					
<b>Morning snack</b>	Fruit (2 portions) Apple & Banana Water and milk	Melon (Three colours) Water and milk	Fruit (2 portions) Apple & Pear Water and milk	Fruit (2 portions) Pear & Plum Water and milk	Fruit (2 portions) Apple & Pear Water and milk
<b>Lunch</b>	Jacket potato with tuna	Roasted vegetable lasagne	Chicken Penne Pasta with tomato sauce (Quorn for vegetarian option)	Shepherd's pie Sweet potato & potato blend/ soya mince/ vegetables/ pulses.	Vegetable curry with pulses & wholegrain rice
Side	Sweetcorn	Cucumber	Broccoli	Cucumber	Cherry tomatoes
Dessert	Stewed fruit	Pineapple cake	Fresh fruit	Fruity yoghurt (low sugar)	Fresh fruit
<b>Afternoon snack</b>	Cream cheese/ hummus Rice cakes, Cucumber. Water and milk	Cream cheese/ hummus Breadsticks, Carrot Water and milk	Cream cheese/ hummus Rice cakes, Cucumber. Water and milk	Cream cheese/ hummus Breadsticks, Tomato 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 wholemeal bread (with pureed pulses)	Egg fried rice with sweetcorn (chickpeas for egg allergies)	Falafel with hummus, pita and cucumber
	Satsuma	Apple	Satsuma	Apple	Satsuma
<b>Week 2</b>	Shreddies with milk Or Rice Crispies (pre-school) Portion of plum	Porridge with banana & cinnamon	Weetabix with milk and raisins	Boiled Eggs Toast Melon (Three colours)	Toast with Vitalite <span style="color: blue;">Preschool only options: with a little honey/ Marmite</span> Portion of banana
<b>Breakfast</b>					
<b>Morning snack</b>	Fruit (2 portions) Apple & Banana Water and milk	Melon (Three colours) Water and milk	Fruit (2 portions) Apple & Pear Water and milk	Fruit (2 portions) Pear & Plum Water and milk	Fruit (2 portions) Apple & Pear Water and milk
<b>Lunch</b>	Fish goujons with basmati rice	Shepherd's pie Sweet potato & potato blend/ soya mince/ vegetables/ pulses	Jacket potato with cheese	Chilli con carne with wholegrain rice Soya mince/ pulses/ vegetables	Chicken Tomato Risotto (Quorn for vegetarian option)
Side	French beans	Peas	Baked Beans (low sugar/salt)	Sweetcorn	Cucumber
Dessert	Fresh fruit	Apple pudding with custard	Vanilla Rice pudding	Fruit compote	Fresh fruit
<b>Afternoon snack</b>	Cream cheese/ hummus Rice cakes, Cucumber. Water and milk	Cream cheese/ hummus Breadsticks, Carrot Water and milk	Cream cheese/ hummus Rice cakes, Cucumber. Water and milk	Cream cheese/ hummus Breadsticks, Tomato Water and milk	Oat cakes Berry compote (no sugar) Water and milk
<b>Tea</b>	Wholemeal sandwiches: salmon, tuna, cream cheese, hummus, egg mayo & cucumber	Egg fried rice with sweetcorn (chickpeas for egg allergies)	Vegetable soup with wholemeal bread (with pureed pulses)	Pasta bake	Falafel with hummus, pita and cucumber
	Satsuma	Apple	Satsuma	Apple	Satsuma
<b>Week 3</b>	Shreddies with milk Or Rice Crispies (pre-school) Portion of plum	Porridge with banana & cinnamon	Weetabix with milk and raisins	Boiled Eggs Toast Melon (Three colours)	Toast with Vitalite <span style="color: blue;">Preschool only options: with a little honey/ Marmite</span> Portion of banana
<b>Breakfast</b>					
<b>Morning snack</b>	Fruit (2 portions) Apple & Banana Water and milk	Melon (Three colours) Water and milk	Fruit (2 portions) Apple & Pear Water and milk	Fruit (2 portions) Pear & Plum Water and milk	Fruit (2 portions) Apple & Pear Water and milk
<b>Lunch</b>	Egg fried rice with sweetcorn (chickpeas for egg allergies)	Chicken Penne Pasta with tomato sauce (Quorn for vegetarian option)	Jacket potato with cheese	Tomato Risotto (wholegrain rice) with meatballs (soya mince)	Shepherd's Pie Sweet potato & potato blend/ soya mince/ vegetables/ pulses
Side	Carrots	Cucumber	Baked Beans (low sugar/salt)	Broccoli	Cherry tomatoes
Dessert	Carrot cake with custard	Fresh fruit	Stewed fruit	Fruity yoghurt (low sugar)	Fresh fruit
<b>Afternoon snack</b>	Cream cheese/ hummus Rice cakes, Cucumber. Water and milk	Cream cheese/ hummus Breadsticks, Carrot Water and milk	Cream cheese/ hummus Rice cakes, Cucumber. Water and milk	Cream cheese/ hummus Breadsticks, Tomato 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 wholemeal bread (with pureed pulses)	Pasta bake	Wholemeal sandwiches: tuna, cream cheese, hummus, egg mayo & cucumber
	Satsuma	Apple	Satsuma	Apple	Satsuma
<b>Week 4</b>	Shreddies with milk Or Rice Crispies (pre-school) Portion of plum	Porridge with banana & cinnamon	Weetabix with milk and raisins	Boiled Eggs Toast Melon (Three colours)	Toast with Vitalite <span style="color: blue;">Preschool only options: with a little honey/ Marmite</span> Portion of banana
<b>Breakfast</b>					
<b>Morning snack</b>	Fruit (2 portions) Apple & Banana Water and milk	Melon (Three colours) Water and milk	Fruit (2 portions) Apple & Pear Water and milk	Fruit (2 portions) Pear & Plum Water and milk	Fruit (2 portions) Apple & Pear Water and milk
<b>Lunch</b>	Pasta with tuna	Egg fried wholegrain rice with sweetcorn (chickpeas for egg allergies)	Meatballs (soya mince) in a tomato sauce with Spaghetti	Jacket potato with cheese	Fish Goujons with mash
Side	Sweetcorn	Cherry tomatoes	Cucumber	Baked Beans (low sugar/salt)	Peas
Dessert	Apple crumble with custard	Fresh fruit	Fruit compote	Fruity yoghurt (low sugar)	Fresh fruit
<b>Afternoon snack</b>	Cream cheese/ hummus Rice cakes, Cucumber. Water and milk	Cream cheese/ hummus Breadsticks, Carrot Water and milk	Cream cheese/ hummus Rice cakes, Cucumber. Water and milk	Cream cheese/ hummus Breadsticks, Tomato Water and milk	Oat cakes Berry compote (no sugar) Water and milk
<b>Tea</b>	Pizza With edamame beans	Pasta bake	Vegetable soup with wholemeal bread (with pureed pulses)	Chicken Tomato (Quorn for vegetarian option) Risotto	Wholemeal sandwiches: salmon, tuna, cream cheese, hummus, egg mayo & cucumber
	Satsuma	Apple	Satsuma	Apple	Satsuma

Please note: All pasta/ rice sauces have 'secret' vegetables and pulses pureed into them.