

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

<b>Week 1</b>	Choice of cereal (Shreddies/ Weetabix/ Rice Crispies - not babies) with milk (oatmilk) (GF Cereal) Portion of plum	Porridge with banana & cinnamon (Made with oatmilk) (GF Cereal)	Boiled Eggs Toast Melon (Three colours) (Just toast, GF Toast)	Overnight oats (oats & milk) (oatmilk) with berry compote (no added sugar) (GF Cereal)	Crumpets (GF) and butter (vitalite) Preschool only: a tiny smear of Marmite Portion of banana
<b>Breakfast</b>					
<b>Morning snack</b>	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)
<b>Lunch</b>	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)
<b>Side</b>	Sweetcorn	Cucumber	Broccoli	Cucumber	Cherry tomatoes (Cucumber)
<b>Dessert</b>	Stewed fruit	Vanilla Rice pudding (dairy free)	Fresh fruit	Fruity yoghurt (dairy-free yoghurt)	Fresh fruit
<b>Afternoon snack</b>	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)
<b>Tea</b>	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
<b>Week 2</b>	Choice of cereal (Shreddies/ Weetabix/ Rice Crispies - not babies) with milk (oatmilk) (GF Cereal) Portion of plum	Porridge with banana & cinnamon (Made with oatmilk) (GF Cereal)	Boiled Eggs Toast Melon (Three colours) (Just toast, GF Toast)	Overnight oats (oats & milk) (oatmilk) with berry compote (no added sugar) (GF Cereal)	Crumpets (GF) and butter (vitalite) Preschool only: a tiny smear of Marmite Portion of banana
<b>Breakfast</b>					
<b>Morning snack</b>	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)
<b>Lunch</b>	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)
<b>Side</b>	French beans	Peas	Baked Beans (plain beans - no tomato)	Sweetcorn	Cucumber
<b>Dessert</b>	Fresh fruit	Fruity yoghurt (dairy-free yoghurt)	Vanilla Rice pudding (dairy free)	Fruit compote	Fresh fruit
<b>Afternoon snack</b>	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)
<b>Tea</b>	Wholemeal 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
<b>Week 3</b>	Choice of cereal (Shreddies/ Weetabix/ Rice Crispies - not babies) with milk (oatmilk) (GF Cereal) Portion of plum	Porridge with banana & cinnamon (Made with oatmilk) (GF Cereal)	Boiled Eggs Toast Melon (Three colours) (Just toast, GF Toast)	Overnight oats (oats & milk) (oatmilk) with berry compote (no added sugar) (GF Cereal)	Crumpets (GF) and butter (vitalite) Preschool only: a tiny smear of Marmite Portion of banana
<b>Breakfast</b>					
<b>Morning snack</b>	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)
<b>Lunch</b>	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)
<b>Side</b>	Carrots	Cucumber	Baked Beans (plain beans - no tomato)	Broccoli	Cherry tomatoes (cucumber)
<b>Dessert</b>	Stewed fruit	Fresh fruit	Vanilla Rice pudding (dairy free)	Fruity yoghurt (dairy-free)	Fresh fruit
<b>Afternoon snack</b>	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)
<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 wholemeal bread (GF bread, allergen free)	Pasta Bake (No cheese - Pulses, GF pasta, no tomato)	Wholemeal sandwiches with tuna, cream cheese, hummus, egg mayo & cucumber (GF bread, no tuna/egg, no cream cheese, no hummus)
	Satsuma	Apple	Satsuma	Apple	Satsuma
<b>Week 4</b>	Choice of cereal (Shreddies/ Weetabix/ Rice Crispies - not babies) with milk (oatmilk) (GF Cereal) Portion of plum	Porridge with banana & cinnamon (Made with oatmilk) (GF Cereal)	Boiled Eggs Toast Melon (Three colours) (Just toast, GF Toast)	Overnight oats (oats & milk) (oatmilk) with berry compote (no added sugar) (GF Cereal)	Crumpets (GF) and butter (vitalite) Preschool only: a tiny smear of Marmite Portion of banana
<b>Breakfast</b>					
<b>Morning snack</b>	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)
<b>Lunch</b>	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)
<b>Side</b>	Sweetcorn	Cherry tomatoes (Cucumber)	Cucumber	Baked Beans (plain beans - no tomato)	Peas
<b>Dessert</b>	Vanilla Rice pudding (dairy free)	Fresh fruit	Fruit compote	Fruity yoghurt (dairy-free)	Fresh fruit
<b>Afternoon snack</b>	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)
<b>Tea</b>	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)	Wholemeal 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
<b>Allergies/ Dietary Requirements colour code – alternatives highlighted above</b>					
No Dairy	No running cow's milk	Can only have baked egg	No egg at all	Gluten	
No Meat	Sesame	Soya	Other Allergies/ Intolerances		