

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

Week 1	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)	Choice of cereal (Shreddies/ Weetabix/ Rice Crispies - not babies) with milk (oatmilk) (GF Cereal) Portion of banana	Crumpets (GF) and butter (vitalite) Preschool only: a tiny smear of 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	Fruit compote	Vanilla Rice pudding (dairy free)	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	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)	Choice of cereal (Shreddies/ Weetabix/ Rice Crispies - not babies) with milk (oatmilk) (GF Cereal) Portion of banana	Crumpets (GF) and butter (vitalite) Preschool only: a tiny smear of 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	Fruity yoghurt (dairy-free yoghurt)	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	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 spaghetti bolognese (Pulses for soy GF pasta)	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	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)	Choice of cereal (Shreddies/ Weetabix/ Rice Crispies - not babies) with milk (oatmilk) (GF Cereal) Portion of banana	Crumpets (GF) and butter (vitalite) Preschool only: a tiny smear of 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)	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	French beans	Cucumber	Baked Beans (plain beans - no tomato)	Broccoli	Cherry tomatoes (cucumber)
Dessert	Fruit compote	Fresh fruit	Vanilla Rice pudding (dairy free)	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)	Egg fried rice with sweetcorn (chickpeas)	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
Week 4	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)	Choice of cereal (Shreddies/ Weetabix/ Rice Crispies - not babies) with milk (oatmilk) (GF Cereal) Portion of banana	Crumpets (GF) and butter (vitalite) Preschool only: a tiny smear of 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)	Tomato Chicken Risotto (Pulses, no tomato)	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	Broccoli	Cucumber	Baked Beans (plain beans - no tomato)	Peas
Dessert	Vanilla Rice pudding (dairy free)	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)	Fish fingers, mash and peas (GF fish fingers)	Egg fried wholegrain rice with sweetcorn (chickpeas)	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
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		