Shofar Daycare Nursery Menu with replacements for children with allergies/ intolerances					
Week 1	Choice of cereal (Shreddies/	Porridge with banana &	Boiled Eggs	Choice of cereal (Shreddies/	Crumpets (GF) and butter
Breakfast	Weetabix/ Rice Crispies - not babies) with milk (oatmilk)	cinnamon (Made with oatmilk)	Toast Melon (Three colours)	Weetabix/ Rice Crispies - not babies) with milk (oatmilk)	(vitalite) Preschool only: a tiny smear of Marmite
Morning	(GF Cereal) Portion of plum Fruit (2 portions)	(GF Cereal) Melon (Three colours)	(Just toast, GF Toast) Fruit (2 portions)	(GF Cereal) Portion of banana Fruit (2 portions)	Portion of banana Fruit (2 portions)
snack	Apple & Banana Water and milk (oatmilk)	Water and milk (oatmilk)	Apple & Pear Water and milk (oatmilk)	Pear and plum Water and milk (oatmilk)	Apple & pear
	Jacket potato with tuna	Roasted vegetable lasagne	Tomato Chicken Penne Pasta	Shepherd's pie	Water and milk (oatmilk) Vegetable curry with
Lunch	(Mayo free tuna)	(Versions free of cheese, gluten, tomato, pepper)	(Quorn <mark>, GF pasta, no tomato)</mark>	(Pulses, GF , no tomato)	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	Cream cheese/ hummus Rice cakes, Cucumber.	Cream cheese/ hummus Breadsticks, Carrot.	Cream cheese/ hummus Rice cakes, Cucumber.	Cream cheese/ hummus Breadsticks, Tomato (Carrot).	Oat cakes (Rice cake) Berry compote (no sugar)
snack	Water and milk (oatmilk)	Water and milk (oatmilk)	Water and milk (oatmilk)	Water and milk (oatmilk)	Water and milk (oatmilk)
	Pasta Bake (No cheese - Pulses, GF	Fish fingers, mash and peas (GF fish fingers)	Vegetable soup with wholemeal bread	Egg fried rice with sweetcorn (chickpeas)	Falafel with hummus, pita and cucumber
Tea	pasta, no tomato)		(GF bread, allergen free)		(GF falafel & pita, sesame free falafel & hummus)
	Satsuma	Apple	Satsuma	Apple	Satsuma
Week 2	Choice of cereal (Shreddies/ Weetabix/ Rice Crispies - not	Porridge with banana & cinnamon	Boiled Eggs Toast	Choice of cereal (Shreddies/ Weetabix/ Rice Crispies - not	Crumpets (GF) and butter (vitalite) Preschool only: a tiny
Breakfast	babies) with milk (oatmilk)	(Made with oatmilk)	Melon (Three colours)	babies) with milk (oatmilk)	smear of Marmite
Morning	(GF Cereal) Portion of plum Fruit (2 portions)	(GF Cereal) Melon (Three colours)	(Just toast, GF Toast) Fruit (2 portions)	(GF Cereal) Portion of banana Fruit (2 portions)	Portion of banana Fruit (2 portions)
snack	Apple & Banana Water and milk (oatmilk)	Water and milk (oatmilk)	Apple & Pear Water and milk <mark>(oatmilk)</mark>	Pear and plum Water and milk (oatmilk)	Apple & pear Water and milk <mark>(oatmilk)</mark>
lala	Fish goujons with	Shepherd's pie	Jacket potato with cheese (no	Chilli con carne with	Tomato Chicken Risotto
Lunch	basmati rice (GF goujons)	(Pulses for soy & GF, no tomato)	cheese)	wholegrain rice (Pulses for soy & GF, no tomate	(Quorn, no tomato)
Side	French beans	Peas	Baked Beans (plain beans – no tomato)	Sweetcorn	Cucumber
Dessert	Fresh fruit	Fruity yoghurt	Vanilla Rice pudding	Fruit compote	Fresh fruit
Afternoon	Cream cheese/ hummus	(dairy-free yoghurt) Cream cheese/ hummus	(dairy free) Cream cheese/ hummus	Cream cheese/ hummus	Oat cakes (Rice cake)
snack	Rice cakes, Cucumber. Water and milk (oatmilk)	Breadsticks, Carrot. Water and milk (oatmilk)	Rice cakes, Cucumber. Water and milk (oatmilk)	Breadsticks, Tomato (Carrot). Water and milk (oatmilk)	Berry compote (no sugar) Water and milk (oatmilk)
	Wholemeal sandwiches with	Egg fried rice with sweetcorn	Vegetable spaghetti	Pasta Bake	Falafel with hummus, pita and
Tea	salmon, tuna, cream cheese, hummus, egg mayo & cucumber	(chickpeas)	bolognaise (Pulses for soy <mark>GF pasta</mark>)	(No cheese - Pulses, GF pasta, no tomato)	cucumber (GF falafel & pita, <mark>sesame</mark>
Tou	(GF bread, no tuna/egg, no cream cheese, no hummus)		(r aloos follow)		free falafel & hummus)
Wook 2	Satsuma Choice of cereal (Shreddies/	Apple Porridge with banana &	Satsuma Boiled Eggs	Apple Choice of cereal (Shreddies/	Satsuma Crumpets (GF) and butter
Week 3	Weetabix/ Rice Crispies - not	cinnamon	Toast	Weetabix/ Rice Crispies - not	(vitalite) Preschool only: a tiny
Breakfast	babies) with milk (oatmilk) (GF Cereal) Portion of plum	(Made with oatmilk) (GF Cereal)	Melon (Three colours) (Just toast, GF Toast)	babies) with milk (oatmilk) (GF Cereal) Portion of banana	smear of Marmite Portion of banana
Morning	Fruit (2 portions) Apple & Banana	Melon (Three colours)	Fruit (2 portions) Apple & Pear	Fruit (2 portions) Pear and plum	Fruit (2 portions) Apple & pear
snack	Water and milk (oatmilk)	Water and milk (oatmilk)	Water and milk (oatmilk)	Water and milk (oatmilk)	Water and milk (oatmilk)
Lunch	Fish goujons with basmati rice (GF goujons)	Tomato Chicken penne pasta (Quorn, GF, no tomato)	Jacket potato with cheese <mark>(no</mark> <mark>cheese)</mark>	Tomato Risotto with meatballs (soya)	Shepherd's Pie (Pulses, GF, no tomato)
0:4-	French beans	Cucumber	Baked Beans	(Pulses, GF, no tomato) Broccoli	Cherry tomatoes
Side		Fresh fruit	(plain beans – no tomato) Vanilla Rice pudding		(cucumber) Fresh fruit
Dessert	Fruit compote		(dairy free)	Fruity yoghurt <mark>(dairy-free)</mark>	
Afternoon	Cream cheese/ hummus Rice cakes, Cucumber.	Cream cheese/ hummus Breadsticks, Carrot.	Cream cheese/ hummus Rice cakes, Cucumber.	Cream cheese/ hummus Breadsticks, Tomato (Carrot).	Oat cakes <mark>(Rice cake)</mark> Berry compote (no sugar)
snack	Water and milk (oatmilk) Pizza	Water and milk (oatmilk) Falafel with hummus, pita and	Water and milk (oatmilk) Egg fried rice with sweetcorn	Water and milk (oatmilk) Pasta Bake	Water and milk (oatmilk) Wholemeal sandwiches with tuna,
	With edamame beans	cucumber	(chickpeas)	(No cheese - Pulses <mark>, GF</mark>	cream cheese, hummus, egg
Tea	(Versions free of cheese, gluten, tomato, pepper)	(GF falafel & pita, sesame free falafel & hummus)		<mark>pasta,</mark> no tomato)	mayo & cucumber <mark>(GF bread, no tuna/egg, no</mark>
	Satsuma	Apple	Satsuma	Apple	cream cheese, <mark>no hummus)</mark> Satsuma
Week 4	Choice of cereal (Shreddies/ Weetabix/ Rice Crispies - not	Porridge with banana & cinnamon	Boiled Eggs Toast	Choice of cereal (Shreddies/ Weetabix/ Rice Crispies - not	Crumpets (GF) and butter (vitalite) Preschool only: a tiny
Breakfast	babies) with milk (oatmilk)	(Made with oatmilk)	Melon (Three colours)	babies) with milk (oatmilk)	smear of Marmite
Morning	(GF Cereal) Portion of plum Fruit (2 portions)	(GF Cereal) Melon (Three colours)	(Just toast, GF Toast) Fruit (2 portions)	(GF Cereal) Portion of banana Fruit (2 portions)	Portion of banana Fruit (2 portions)
snack	Apple & Banana Water and milk (oatmilk)	Water and milk (oatmilk)	Apple & Pear Water and milk (oatmilk)	Pear and plum Water and milk (oatmilk)	Apple & pear ´ Water and milk <mark>(oatmilk)</mark>
	Pasta with tuna	Tomato Chicken Risotto	Meatballs (soya mince) in	Jacket potato with cheese (no	Fish Goujons with mash
Lunch	(GF, no mayo)	(Pulses, no tomato)	tomato sauce with Spaghetti (Pulses, GF, no tomato)	<mark>cheese)</mark>	(GF goujons)
			Cucumber	Baked Beans	Peas
Side	Sweetcorn	Broccoli	Cucumber	(plain beans – no tomato)	
Side Dessert	Vanilla Rice pudding	Broccoli Fresh fruit	Fruit compote	(plain beans – no tomato) Fruity yoghurt	Fresh fruit
Dessert	Vanilla Rice pudding (dairy free) Cream cheese/ hummus	Fresh fruit Cream cheese/ hummus	Fruit compote Cream cheese/ hummus	Fruity yoghurt (dairy-free) Cream cheese/ hummus	Oat cakes (Rice cake)
	Vanilla Rice pudding (dairy free) Cream cheese/ hummus Rice cakes, Cucumber.	Fresh fruit Cream cheese/ hummus Breadsticks, Carrot.	Fruit compote Cream cheese/ hummus Rice cakes, Cucumber.	Fruity yoghurt (dairy-free) Cream cheese/ hummus Breadsticks, Tomato (Carrot).	Oat cakes (Rice cake) Berry compote (no sugar)
Dessert Afternoon	Vanilla Rice pudding (dairy free) Cream cheese/ hummus Rice cakes, Cucumber. Water and milk (oatmilk) Pizza	Fresh fruit Cream cheese/ hummus Breadsticks, Carrot. Water and milk (oatmilk) Pasta Bake	Fruit compote Cream cheese/ hummus Rice cakes, Cucumber. Water and milk (oatmilk) Fish fingers, mash and peas	Fruity yoghurt (dairy-free) Cream cheese/ hummus Breadsticks, Tomato (Carrot). Water and milk (oatmilk) Egg fried wholegrain rice with	Oat cakes (Rice cake) Berry compote (no sugar) Water and milk (oatmilk) Wholemeal sandwiches with
Dessert Afternoon snack	Vanilla Rice pudding (dairy free) Cream cheese/ hummus Rice cakes, Cucumber. Water and milk (oatmilk)	Fresh fruit Cream cheese/ hummus Breadsticks, Carrot. Water and milk (oatmilk)	Fruit compote Cream cheese/ hummus Rice cakes, Cucumber. Water and milk (oatmilk)	Fruity yoghurt (dairy-free) Cream cheese/ hummus Breadsticks, Tomato (Carrot). Water and milk (oatmilk)	Oat cakes (Rice cake) Berry compote (no sugar) Water and milk (oatmilk) Wholemeal sandwiches with salmon, tuna, cream cheese, hummus, egg mayo & cucumber
Dessert Afternoon	Vanilla Rice pudding (dairy free) Cream cheese/ hummus Rice cakes, Cucumber. Water and milk (oatmilk) Pizza With edamame beans (Versions free of cheese, gluten, tomato, pepper)	Fresh fruit Cream cheese/ hummus Breadsticks, Carrot. Water and milk (oatmilk) Pasta Bake (No cheese - Pulses, GF pasta, no tomato)	Fruit compote Cream cheese/ hummus Rice cakes, Cucumber. Water and milk (oatmilk) Fish fingers, mash and peas	Fruity yoghurt (dairy-free) Cream cheese/ hummus Breadsticks, Tomato (Carrot). Water and milk (oatmilk) Egg fried wholegrain rice with sweetcorn (chickpeas)	Oat cakes (Rice cake) Berry compote (no sugar) Water and milk (oatmilk) Wholemeal sandwiches with salmon, tuna, cream cheese, hummus, egg mayo & cucumber (GF bread, no tuna/egg, no cream cheese, no hummus)
Dessert Afternoon snack	Vanilla Rice pudding (dairy free) Cream cheese/ hummus Rice cakes, Cucumber. Water and milk (oatmilk) Pizza With edamame beans (Versions free of cheese, gluten, tomato, pepper) Satsuma	Fresh fruit Cream cheese/ hummus Breadsticks, Carrot. Water and milk (oatmilk) Pasta Bake (No cheese - Pulses, GF pasta, no tomato) Apple	Fruit compote Cream cheese/ hummus Rice cakes, Cucumber. Water and milk (oatmilk) Fish fingers, mash and peas (GF fish fingers) Satsuma	Fruity yoghurt (dairy-free) Cream cheese/ hummus Breadsticks, Tomato (Carrot). Water and milk (oatmilk) Egg fried wholegrain rice with sweetcorn (chickpeas)	Oat cakes (Rice cake) Berry compote (no sugar) Water and milk (oatmilk) Wholemeal sandwiches with salmon, tuna, cream cheese, hummus, egg mayo & cucumber (GF bread, no tuna/egg, no
Dessert Afternoon snack Tea	Vanilla Rice pudding (dairy free) Cream cheese/ hummus Rice cakes, Cucumber. Water and milk (oatmilk) Pizza With edamame beans (Versions free of cheese, gluten, tomato, pepper) Satsuma All	Fresh fruit Cream cheese/ hummus Breadsticks, Carrot. Water and milk (oatmilk) Pasta Bake (No cheese - Pulses, GF pasta, no tomato) Apple ergies/ Dietary Requirements	Fruit compote Cream cheese/ hummus Rice cakes, Cucumber. Water and milk (oatmilk) Fish fingers, mash and peas (GF fish fingers) Satsuma	Fruity yoghurt (dairy-free) Cream cheese/ hummus Breadsticks, Tomato (Carrot). Water and milk (oatmilk) Egg fried wholegrain rice with sweetcorn (chickpeas)	Oat cakes (Rice cake) Berry compote (no sugar) Water and milk (oatmilk) Wholemeal sandwiches with salmon, tuna, cream cheese, hummus, egg mayo & cucumber (GF bread, no tuna/egg, no cream cheese, no hummus)