

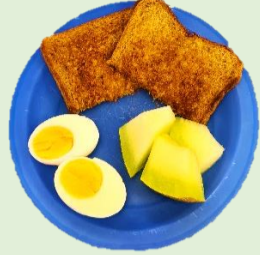


































Week of:





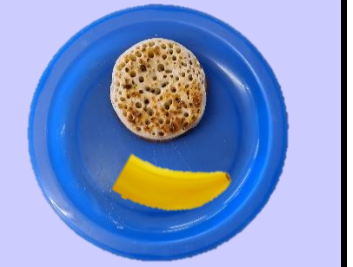






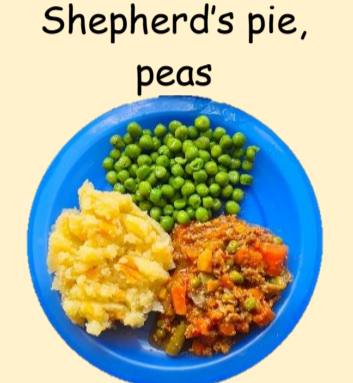
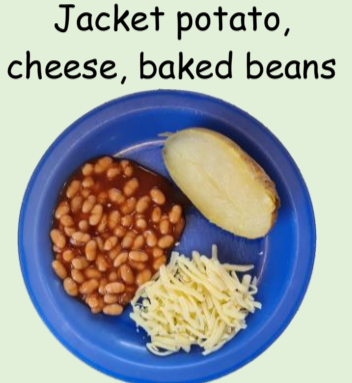






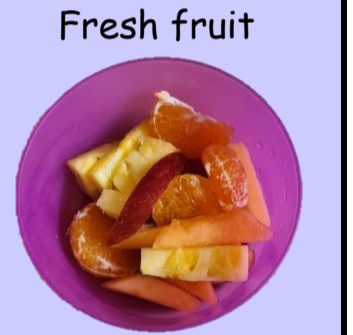
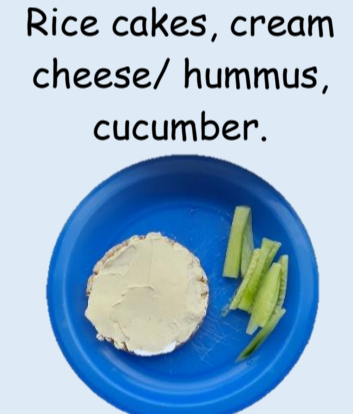

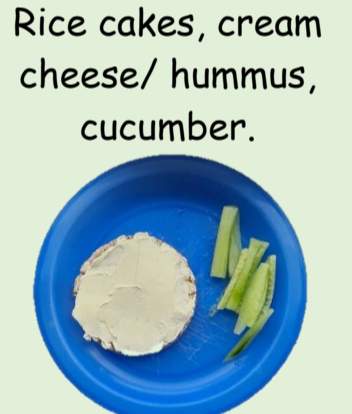










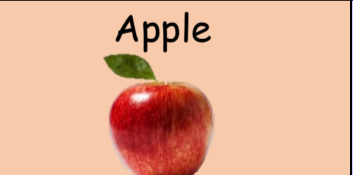

Shofar Daycare Nursery Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal with milk, plum 	Porridge with banana & cinnamon 	Boiled Eggs, toast, melon 	Choice of cereal with milk, banana 	Crumpets and butter Portion of banana 
Morning snack	Apple & Banana 	Melon 	Apple & Pear 	Pear & Plum 	Apple & Pear 
Lunch	Jacket potato with tuna & sweetcorn 	Roasted vegetable lasagne, cucumber 	Chicken & tomato penne, cucumber 	Shepherd's pie & cucumber 	Vegetable curry, rice, tomatoes 
Dessert	Fruit compote 	Vanilla rice pudding 	Fresh fruit 	Fruity yoghurt 	Fresh fruit 
Afternoon snack	Rice cakes, cream cheese/ hummus, cucumber. 	Breadsticks, cream cheese/ hummus, carrot 	Rice cakes, cream cheese/ hummus, cucumber. 	Breadsticks, cream cheese/ hummus, tomato. 	No afternoon snack on Friday, as the children have tea and leave earlier. 
Tea	Pasta Bake 	Fish fingers, mash and peas 	Vegetable soup, wholemeal bread 	Egg fried rice with sweetcorn 	Falafel, hummus, pita & cucumber 
	Satsuma 	Apple 	Satsuma 	Apple 	Satsuma 

All of the children have access to fresh drinking water throughout the day and with all meals

Week of:



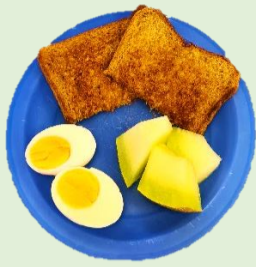
































Shofar Daycare Nursery Menu - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal with milk, plum 	Porridge with banana & cinnamon 	Boiled eggs, toast, melon 	Choice of cereal with milk, banana 	Crumpets and butter Portion of banana 
Morning snack	Apple & Banana 	Melon 	Apple & Pear 	Pear & Plum 	Apple & Pear 
Lunch	Fish goujons, basmati rice, beans 	Shepherd's pie, peas 	Jacket potato, cheese, baked beans 	Chilli con carne, wholegrain rice 	Chicken tomato risotto, cucumber 
Dessert	Fresh fruit 	Fruity yoghurt 	Vanilla rice pudding 	Fruit compote 	Fresh fruit 
Afternoon snack	Rice cakes, cream cheese/ hummus, cucumber. 	Breadsticks, cream cheese/ hummus, carrot 	Rice cakes, cream cheese/ hummus, cucumber. 	Breadsticks, cream cheese/ hummus, tomato. 	No afternoon snack on Friday, as the children have tea and leave earlier. 
Tea	Wholemeal sandwiches 	Egg fried rice with sweetcorn 	Vegetable bolognese 	Pasta bake 	Falafel, hummus, pita & cucumber 
	Satsuma 	Apple 	Satsuma 	Apple 	Satsuma 

All of the children have access to fresh drinking water throughout the day and with all meals

Week of:



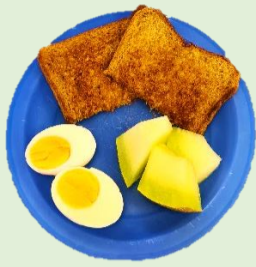
































Shofar Daycare Nursery Menu - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal with milk, plum 	Porridge with banana & cinnamon 	Boiled eggs, toast, melon 	Choice of cereal with milk, banana 	Crumpets and butter Portion of banana 
Morning snack	Apple & Banana 	Melon 	Apple & Pear 	Pear & Plum 	Apple & Pear 
Lunch	Fish goujons, basmati rice, beans 	Chicken & tomato penne, cucumber 	Jacket potato, cheese, baked beans 	Tomato risotto, meatballs, broccoli 	Shepherd's pie, tomatoes 
Dessert	Fruit compote 	Fresh fruit 	Vanilla Rice pudding 	Fruity yoghurt 	Fresh fruit 
Afternoon snack	Rice cakes, cream cheese/ hummus, cucumber. 	Breadsticks, cream cheese/ hummus, carrot 	Rice cakes, cream cheese/ hummus, cucumber. 	Breadsticks, cream cheese/ hummus, tomato. 	No afternoon snack on Friday, as the children have tea and leave earlier. 
Tea	Pizza, edamame beans 	Falafel, hummus, pita & cucumber 	Egg fried rice with sweetcorn 	Pasta bake 	Wholemeal sandwiches 
	Satsuma 	Apple 	Satsuma 	Apple 	Satsuma 

All of the children have access to fresh drinking water throughout the day and with all meals

Week of:

Shofar Daycare Nursery Menu - Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal with milk, plum 	Porridge with banana & cinnamon 	Boiled eggs, toast, melon 	Choice of cereal with milk, banana 	Crumpets and butter Portion of banana 
Morning snack	Apple & Banana 	Melon 	Apple & Pear 	Pear & Plum 	Apple & Pear 
Lunch	Pasta with tuna and sweetcorn 	Chicken Tomato Risotto, broccoli 	Tomato meatballs, spaghetti, cucumber 	Jacket potato, cheese, baked beans 	Fish goujons, mash, peas 
Dessert	Vanilla Rice pudding 	Fresh fruit 	Fruit compote 	Fruity yoghurt 	Fresh fruit 
Afternoon snack	Rice cakes, cream cheese/ hummus, cucumber. 	Breadsticks, cream cheese/ hummus, carrot 	Rice cakes, cream cheese/ hummus, cucumber. 	Breadsticks, cream cheese/ hummus, tomato. 	No afternoon snack on Friday, as the children have tea and leave earlier. 
Tea	Pizza, edamame beans 	Pasta bake 	Fish fingers, mash and peas 	Egg fried rice with sweetcorn 	Wholemeal sandwiches 
	Satsuma 	Apple 	Satsuma 	Apple 	Satsuma 

All of the children have access to fresh drinking water throughout the day and with all meals