Week of: Shofar Daycare Nursery Menu - Week 1 Wednesday Monday Thursday Friday Tuesday Porridge with Choice of cereal Crumpets and butter Choice of cereal Boiled Eggs, toast, Portion of banana with milk, plum banana & cinnamon with milk, banana melon Breakfast Apple & Banana Apple & Pear Apple & Pear Pear & Plum Melon Morning snack Jacket potato with Roasted vegetable Chicken & tomato Shepherd's pie & Vegetable curry, lasagne, cucumber penne, cucumber tuna & sweetcorn rice, tomatoes cucumber Lunch Vanilla rice pudding Fruit compote Fresh fruit Fruity yoghurt Fresh fruit Dessert Rice cakes, cream Breadsticks, cream Rice cakes, cream Breadsticks, cream No afternoon snack on Friday, as the children cheese/hummus, cheese/hummus, cheese/hummus, cheese/hummus, have tea and leave cucumber. cucumber. tomato. carrot earlier. Afternoon snack Vegetable soup, Egg fried rice with Fish fingers, mash Falafel, hummus, Pasta Bake and peas wholemeal bread pita & cucumber sweetcorn Tea Apple Satsuma 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 Wednesday Thursday Friday Monday Tuesday Porridge with Boiled eggs, toast, Choice of cereal Choice of cereal Crumpets and butter with milk, banana Portion of banana with milk, plum banana & cinnamon melon Breakfast Apple & Pear Pear & Plum Apple & Banana Apple & Pear Melon Morning snack Jacket potato, Fish goujons, Shepherd's pie, Chicken tomato Chilli con carne, basmati rice, beans cheese, baked beans wholegrain rice risotto, cucumber peas Lunch Fruity yoghurt Fresh fruit Vanilla rice pudding Fresh fruit Fruit compote Dessert Breadsticks, cream Rice cakes, cream Rice cakes, cream Breadsticks, cream No afternoon snack on Friday, as the children cheese/hummus, cheese/hummus, cheese/hummus, cheese/hummus, have tea and leave tomato. cucumber. cucumber. carrot earlier. **Afternoon** snack Egg fried rice with Vegetable Falafel, hummus, Pasta bake Wholemeal bolognaise sandwiches sweetcorn pita & cucumber Tea Apple Apple Satsuma Satsuma 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 Thursday Tuesday Wednesday Friday Monday Boiled eggs, toast, Porridge with Choice of cereal Choice of cereal Crumpets and butter with milk, banana Portion of banana with milk, plum banana & cinnamon melon Breakfast Apple & Pear Pear & Plum Apple & Banana Apple & Pear Melon Morning snack Fish goujons, Chicken & tomato Shepherd's pie, Jacket potato, Tomato risotto, basmati rice, beans penne, cucumber cheese, baked beans meatballs, broccoli tomatoes Lunch Vanilla Rice pudding Fruity yoghurt Fresh fruit Fruit compote Fresh fruit Dessert Rice cakes, cream Breadsticks, cream Rice cakes, cream Breadsticks, cream No afternoon snack on Friday, as the children cheese/hummus, cheese/hummus, cheese/hummus, cheese/hummus, have tea and leave cucumber. cucumber. tomato. carrot earlier. **Afternoon** snack Egg fried rice with Falafel, hummus, Pasta bake Wholemeal Pizza, sweetcorn edamame beans pita & cucumber sandwiches Tea Apple Apple Satsuma Satsuma 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 Choice of cereal Porridge with Boiled eggs, toast, Choice of cereal Crumpets and butter with milk, banana Portion of banana with milk, plum banana & cinnamon melon Breakfast Apple & Pear Apple & Banana Pear & Plum Apple & Pear Melon Morning snack Pasta with tuna Chicken Tomato Tomato meatballs, Fish goujons, mash, Jacket potato, spaghetti, cucumber cheese, baked beans and sweetcorn Risotto, broccoli peas Lunch Vanilla Rice pudding Fresh fruit Fruit compote Fruity yoghurt Fresh fruit Dessert Rice cakes, cream Breadsticks, cream Rice cakes, cream Breadsticks, cream No afternoon snack on Friday, as the children cheese/hummus, cheese/hummus, cheese/hummus, cheese/hummus, have tea and leave cucumber. cucumber. tomato. carrot earlier. **Afternoon** snack Egg fried rice with Wholemeal Fish fingers, mash Pasta bake Pizza, edamame beans sandwiches and peas sweetcorn Tea Satsuma Satsuma Apple Satsuma Apple All of the children have access to fresh drinking water throughout the day and with all meals