

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	Boiled Eggs Toast Melon (Three colours) (Just toast, GF Toast)	Porridge with banana & cinnamon (Made with oatmilk) (GF Cereal)	Choice of cereal (Shreddies/ Weetabix/ Rice Crispies - not babies) with milk (oatmilk) (GF Cereal) Portion of banana	Crumpets (GF) with butter/ cream cheese (vitalite), cucumber
Breakfast					
Morning snack	Melon (Three colours) Water and milk (oatmilk)	Fruit (2 portions) Apple & Banana Water and milk (oatmilk)	Cream cheese/ hummus Corn thins, Cucumber. 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, baked beans)	Roasted vegetable lasagne (Versions free of cheese, gluten)	Tomato Chicken Penne Pasta (Quorn – has egg, GF pasta)	Salmon Goujons with new potatoes (GF goujons, chickpea stew)	Vegetable curry with wholegrain rice
Side	Sweetcorn	Cauliflower	Broccoli	Mixed vegetables	Cherry tomatoes
Dessert	Fruity yoghurt (dairy-free yoghurt)	Fruit compote & custard (no egg in custard, dairy free custard has soy in it)	Fresh fruit	Vanilla Rice pudding (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)	Fruit (2 portions) Apple & Pear Water – NO milk	Cream cheese/ hummus Oatcakes, Tomato Water and milk (oatmilk)	
Tea	Pasta Bake (No cheese - Pulses, GF pasta)	Fish fingers, mash and peas (GF fish fingers, chickpea stew, vegetable)	Egg fried rice with sweetcorn (chickpeas)	Vegetable spag bol (Soya free mince- contains peas, GF pasta)	Wholemeal sandwiches: tuna mayo, egg mayo, smoked salmon, cream cheese, hummus, & cucumber
	Apple	Satsuma	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)	Choice of cereal (Shreddies/ Weetabix/ Rice Crispies - not babies) with milk (oatmilk) (GF Cereal) Portion of banana	Boiled Eggs Toast Melon (Three colours) (Just toast, GF Toast)	Crumpets (GF) with butter/ cream cheese (vitalite), cucumber
Breakfast					
Morning snack	Fruit (2 portions) Pear and plum Water and milk (oatmilk)	Cream cheese/ hummus Corn thins, Carrot. Water and milk (oatmilk)	Melon (Three colours) Water and milk (oatmilk)	Fruit (2 portions) Apple & Banana Water and milk (oatmilk)	Fruit (2 portions) Apple & pear Water and milk (oatmilk)
Lunch	Fish goujons with mash (GF goujons, chickpea stew)	Tomato Chicken Risotto (Quorn – has egg)	Jacket potato with tuna (Mayo free tuna, baked beans)	Chilli con carne with wholegrain rice (Pulses for soy & GF)	Roasted vegetable lasagne (Versions free of cheese, gluten)
Side	French beans	Peas (vegetable)	Sweetcorn	Mixed Vegetables	Broccoli
Dessert	Vanilla Rice pudding (dairy free)	Fruit compote	Fresh fruit & custard (no egg in custard, dairy free custard has soy in it)	Fruity yoghurt (dairy-free yoghurt)	Fresh fruit
Afternoon snack	Cream cheese/ hummus Oat cakes, Cucumber. Water and milk (oatmilk)	Fruit (2 portions) Apple & Pear Water and milk (oatmilk)	Cream cheese/ hummus Rice cakes, Cucumber. Water and milk (oatmilk)	Cream cheese/ hummus Breadsticks, Tomato (Carrot). Water and milk (oatmilk)	
Tea	Pizza (Version free of cheese, gluten) With edamame beans (cucumber – for no soy)	Vegetable soup with wholemeal bread (GF bread)	Egg fried rice with sweetcorn (chickpeas)	Pasta Bake (No cheese - Pulses, GF pasta)	Falafel with hummus, pita and cucumber (GF falafel & pita, sesame free falafel & hummus)
	Apple	Satsuma	Apple	Satsuma	Satsuma
Week 3	Choice of cereal (Shreddies/ Weetabix/ Rice Crispies - not babies) with milk (oatmilk) (GF Cereal) Portion of plum	Boiled Eggs Toast Melon (Three colours) (Just toast, GF Toast)	Porridge with banana & cinnamon (Made with oatmilk) (GF Cereal)	Choice of cereal (Shreddies/ Weetabix/ Rice Crispies - not babies) with milk (oatmilk) (GF Cereal) Portion of banana	Crumpets (GF) with butter/ cream cheese (vitalite), cucumber
Breakfast					
Morning snack	Fruit (2 portions) Pear and plum Water and milk (oatmilk)	Fruit (2 portions) Apple & Banana Water and milk (oatmilk)	Melon (Three colours) Water – NO milk	Cream cheese/ hummus Corn thins, Carrot. Water and milk (oatmilk)	Fruit (2 portions) Apple & pear Water and milk (oatmilk)
Lunch	Jacket potato with cheese (no cheese)	Tomato Risotto with meatballs (soya) (Pulses, GF)	Fish goujons with basmati rice (GF goujons, chickpea stew)	Tomato Chicken penne pasta Quorn – has egg, GF pasta)	Pasta with tuna (GF pasta, Mayo free tuna, baked beans)
Side	Baked Beans	Broccoli	French beans	Mixed Vegetables	Sweetcorn
Dessert	Vanilla Rice pudding (dairy free)	Fruity yoghurt (dairy-free)	Fruit compote & custard (no egg in custard, dairy free custard has soy in it)	Fresh fruit	Fresh fruit
Afternoon snack	Cream cheese/ hummus Breadsticks, Cucumber. Water and milk (oatmilk)	Cream cheese/ hummus Oat cakes, Tomato Water and milk (oatmilk)	Cream cheese/ hummus Rice cakes, Cucumber. Water and milk (oatmilk)	Fruit (2 portions) Apple & Pear Water and milk (oatmilk)	
Tea	Falafel with hummus, pita and cucumber (GF falafel & pita, sesame free falafel & hummus)	Pasta Bake (No cheese - Pulses, GF pasta)	Vegetable spag bol (Soya free mince-contains peas, GF pasta)	Egg fried rice with sweetcorn (chickpeas)	Wholemeal sandwiches: tuna mayo, egg mayo, smoked salmon, cream cheese, hummus, & cucumber
	Apple	Satsuma	Apple	Satsuma	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) with butter/ cream cheese (vitalite), cucumber
Breakfast					
Morning snack	Fruit (2 portions) Apple & Pear Water and milk (oatmilk)	Cream cheese/ hummus Rice cakes, Carrot. Water and milk (oatmilk)	Fruit (2 portions) Apple & Banana 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 pasta, mayo free tuna, baked beans)	Tomato Chicken Risotto (Quorn – has egg)	Meatballs (soya mince) in tomato sauce with Spaghetti (Pulses, GF)	Jacket potato with cheese (no cheese)	Salmon Goujons with new potatoes (GF goujons, chickpea stew)
Side	Sweetcorn	Broccoli	Cauliflower	Baked Beans	Mixed vegetables
Dessert	Fruit compote & custard (no egg in custard, dairy free custard has soy in it)	Fresh fruit	Vanilla Rice pudding (dairy free)	Fruity yoghurt (dairy-free)	Fresh fruit
Afternoon snack	Cream cheese/ hummus Corn thins, Cucumber. Water and milk (oatmilk)	Melon (Three colours) Water - NO milk	Cream cheese/ hummus Oat cakes, Cucumber. Water and milk (oatmilk)	Cream cheese/ hummus Breadsticks, Tomato Water and milk (oatmilk)	
Tea	Egg fried wholegrain rice with sweetcorn (chickpeas)	Pasta Bake (No cheese - Pulses, GF pasta)	Pizza (Version free of cheese, gluten) With edamame beans (cucumber – for no soy)	Fish fingers, mash and peas (GF fish fingers, chickpea stew, vegetable)	Falafel with hummus, pita and cucumber (GF falafel & pita, sesame free falafel & 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	Fish	Peas