

Shofar Daycare Nursery Menu

All of the children have access to fresh drinking water throughout the day

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|------------------------|--|--|--|--|--|
| Week 1 | Choice of cereal (Shreddies/ Weetabix/ Rice Crispies) Portion of plum, Water and milk | Boiled Eggs Wholemeal Toast Melon (Three colours) Water and milk | Porridge (oats & milk) with banana & cinnamon (no added sugar) Water and milk | Choice of cereal (Shreddies/ Weetabix/ Rice Crispies) Portion of banana, Water and milk | Crumpets with butter or cream cheese and cucumber Water and milk |
| Breakfast | | | | | |
| Morning snack | Melon (Three colours) Water and milk | Fruit (2 portions) Apple & Banana Water and milk | Cream cheese/ hummus, Corn thins, Cucumber. Water and milk | Fruit (2 portions) Pear & Plum Water and milk | Fruit (2 portions) Apple & Pear Water and milk |
| Lunch | Jacket potato with tuna | Roasted vegetable lasagne | Chicken Penne Pasta with tomato sauce (Quorn for vegetarian option) | Salmon Goujons with new potatoes | Vegetable curry with pulses & wholegrain rice |
| Side | Sweetcorn | Cauliflower | Broccoli | Mixed Vegetables | Cherry tomatoes |
| Dessert | Fruity yoghurt (low sugar) | Fruit compote & custard (low sugar) | Fresh fruit | Vanilla rice pudding (low sugar) | Fresh fruit |
| Afternoon snack | Cream cheese/ hummus, Rice cakes, Cucumber. Water and milk | Cream cheese/ hummus, Breadsticks, Carrot Water and milk | Fruit (2 portions) Apple & Pear Water - NO milk | Cream cheese/ hummus, Oatcakes, Tomato Water and milk | No snack. The children eat tea earlier on Fridays due to earlier collection. |
| Tea | Pasta Bake | Fish fingers, mash and peas | Egg fried sweetcorn rice (chickpeas for egg allergies) | Vegetable spaghetti bolognaise | Wholemeal sandwiches: salmon, tuna, cream cheese, hummus, egg mayo & cucumber |
| | Apple | Satsuma | Satsuma | Apple | Satsuma |
| Week 2 | Choice of cereal (Shreddies/ Weetabix/ Rice Crispies) Portion of plum, Water and milk | Porridge (oats & milk) with banana & cinnamon (no added sugar) Water and milk | Choice of cereal (Shreddies/ Weetabix/ Rice Crispies) Portion of banana, Water and milk | Boiled Eggs Wholemeal Toast Melon (Three colours) Water and milk | Crumpets with butter or cream cheese and cucumber Water and milk |
| Breakfast | | | | | |
| Morning snack | Fruit (2 portions) Pear & Plum Water and milk | Cream cheese/ hummus, Corn thins, Carrot Water and milk | Melon (Three colours) Water and milk | Fruit (2 portions) Apple & Banana Water and milk | Fruit (2 portions) Apple & Pear Water and milk |
| Lunch | Fish goujons with mash | Chicken Tomato Risotto (Quorn for vegetarian option) | Jacket potato with tuna | Chilli con carne with wholegrain rice Soya mince/ pulses/ vegetables | Roasted vegetable lasagne |
| Side | French beans | Peas | Sweetcorn | Mixed Vegetables | Broccoli |
| Dessert | Vanilla Rice pudding (low sugar) | Fruit compote | Fresh fruit & custard (low sugar) | Fruity yoghurt (low sugar) | Fresh fruit |
| Afternoon snack | Cream cheese/ hummus, Oatcakes, Cucumber. Water and milk | Fruit (2 portions) Apple & Pear Water - NO milk | Cream cheese/ hummus, Rice cakes, Cucumber. Water and milk | Cream cheese/ hummus, Breadsticks, Tomato Water and milk | No snack. The children eat tea earlier on Fridays due to earlier collection. |
| Tea | Pizza With edamame beans | Vegetable soup with wholemeal bread (with pureed pulses) | Egg fried sweetcorn rice (chickpeas for egg allergies) | Pasta bake | Falafel with hummus, pita and cucumber |
| | Apple | Satsuma | Apple | Satsuma | Satsuma |
| Week 3 | Choice of cereal (Shreddies/ Weetabix/ Rice Crispies) Portion of plum, Water and milk | Boiled Eggs Wholemeal Toast Melon (Three colours) Water and milk | Porridge (oats & milk) with banana & cinnamon (no added sugar) Water and milk | Choice of cereal (Shreddies/ Weetabix/ Rice Crispies) Portion of banana, Water and milk | Crumpets with butter or cream cheese and cucumber Water and milk |
| Breakfast | | | | | |
| Morning snack | Fruit (2 portions) Pear & Plum Water and milk | Fruit (2 portions) Apple & Banana Water and milk | Melon (Three colours) Water and milk | Cream cheese/ hummus, Corn thins, Carrot Water and milk | Fruit (2 portions) Apple & Pear Water and milk |
| Lunch | Jacket potato with cheese | Tomato Risotto (wholegrain rice) with meatballs (soya mince) | Fish goujons with basmati rice | Chicken Penne Pasta with tomato sauce (Quorn for vegetarian option) | Pasta with tuna |
| Side | Baked Beans (low sugar/salt) | Broccoli | French beans | Mixed Vegetables | Sweetcorn |
| Dessert | Vanilla Rice pudding (low sugar) | Fruity yoghurt (low sugar) | Fruit compote & custard (low sugar) | Fresh fruit | Fresh fruit |
| Afternoon snack | Cream cheese/ hummus, Breadsticks, Cucumber. Water and milk | Cream cheese/ hummus, Oatcakes, Tomato Water and milk | Cream cheese/ hummus Rice cakes, Cucumber, Water and milk | Fruit (2 portions) Apple & Pear Water - NO milk | No snack. The children eat tea earlier on Fridays due to earlier collection. |
| Tea | Falafel with hummus, pita and cucumber | Pasta bake | Vegetable spaghetti bolognaise | Egg fried sweetcorn rice (chickpeas for egg allergies) | Wholemeal sandwiches: salmon, tuna, cream cheese, hummus, egg mayo & cucumber |
| | Apple | Satsuma | Apple | Satsuma | Satsuma |
| Week 4 | Choice of cereal (Shreddies/ Weetabix/ Rice Crispies) Portion of plum, Water and milk | Porridge (oats & milk) with banana & cinnamon (no added sugar) Water and milk | Boiled Eggs Wholemeal Toast Melon (Three colours) Water and milk | Choice of cereal (Shreddies/ Weetabix/ Rice Crispies) Portion of banana, Water and milk | Crumpets with butter or cream cheese and cucumber Water and milk |
| Breakfast | | | | | |
| Morning snack | Fruit (2 portions) Apple & Pear Water and milk | Cream cheese/ hummus Rice cakes, Carrot Water and milk | Fruit (2 portions) Apple & Banana Water and milk | Fruit (2 portions) Pear & Plum Water and milk | Fruit (2 portions) Apple & Pear Water and milk |
| Lunch | Pasta with tuna | Chicken Tomato Risotto with wholegrain rice (Quorn for vegetarian option) | Meatballs (soya mince) in a tomato sauce with Spaghetti | Jacket potato with cheese | Salmon Goujons with new potatoes |
| Side | Sweetcorn | Broccoli | Cauliflower | Baked Beans (low sugar/salt) | Mixed vegetables |
| Dessert | Fruit compote & custard (low sugar) | Fresh fruit | Vanilla Rice pudding (low sugar) | Fruity yoghurt (low sugar) | Fresh fruit |
| Afternoon snack | Cream cheese/ hummus, Corn thins, Cucumber. Water and milk | Melon (Three colours) Water - NO milk | Cream cheese/ hummus, oat cakes, Cucumber. Water and milk | Cream cheese/ hummus, Breadsticks, Tomato Water and milk | No snack. The children eat tea earlier on Fridays due to earlier collection. |
| Tea | Egg fried sweetcorn rice (chickpeas for egg allergies) | Pasta bake | Pizza With edamame beans | Fish fingers, mash and peas | Falafel with hummus, pita and cucumber |
| | Satsuma | Apple | Satsuma | Apple | Satsuma |

Please note: All pasta/ rice sauces have 'secret' vegetables and pulses pureed into them.