Shofar Daycare Nursery Menu All of the children have access to fresh drinking water throughout the day					
Week 1	Choice of cereal	Boiled Eggs	Porridge (oats & milk)	Choice of cereal	Crumpets with butter or
Breakfast	(Shreddies/ Weetabix/ Rice Crispies) Portion of plum, Water and milk	Wholemeal Toast Melon (Three colours) Water and milk	with banana & cinnamon (no added sugar) Water and milk	(Shreddies/ Weetabix/ Rice Crispies) Portion of banana, Water and milk	cream cheese and cucumber Water and milk
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 - <mark>NO milk</mark>	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 Breakfast	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
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 - <mark>NO milk</mark>	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)	Boiled Eggs Wholemeal Toast	Porridge (oats & milk) with banana & cinnamon	Choice of cereal (Shreddies/ Weetabix/ Rice Crispies)	Crumpets with butter or cream cheese and
Breakfast	Portion of plum, Water and milk	Melon (Three colours) Water and milk	(no added sugar) Water and milk	Portion of banana, Water and milk	cucumber Water and milk
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	Fruit compote & custard	Fresh fruit	Fresh fruit
Afternoon snack		(low sugar)	(low sugar)		
	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.
Теа	Cream cheese/ hummus, Breadsticks, Cucumber. Water and milk Falafel with hummus, pita and cucumber	Cream cheese/ hummus, Oatcakes, Tomato Water and milk Pasta bake	Cream cheese/ hummus Rice cakes, Cucumber, Water and milk Vegetable spaghetti bolognaise	Fruit (2 portions) Apple & Pear Water - NO milk Egg fried sweetcorn rice (chickpeas for egg allergies)	No snack. The children eat tea earlier on Fridays due to earlier collection. Wholemeal sandwiches: salmon, tuna, cream cheese, hummus, egg mayo & cucumber
	Cream cheese/ hummus, Breadsticks, Cucumber. Water and milk Falafel with hummus, pita and cucumber Apple	Cream cheese/ hummus, Oatcakes, Tomato Water and milk Pasta bake Satsuma	Cream cheese/ hummus Rice cakes, Cucumber, Water and milk Vegetable spaghetti bolognaise Apple	Fruit (2 portions) Apple & Pear Water - NO milk Egg fried sweetcorn rice (chickpeas for egg allergies) Satsuma	No snack. The children eat tea earlier on Fridays due to earlier collection. Wholemeal sandwiches: salmon, tuna, cream cheese, hummus, egg mayo & cucumber Satsuma
Tea Week 4 Breakfast	Cream cheese/ hummus, Breadsticks, Cucumber. Water and milk Falafel with hummus, pita and cucumber	Cream cheese/ hummus, Oatcakes, Tomato Water and milk Pasta bake	Cream cheese/ hummus Rice cakes, Cucumber, Water and milk Vegetable spaghetti bolognaise	Fruit (2 portions) Apple & Pear Water - NO milk Egg fried sweetcorn rice (chickpeas for egg allergies)	No snack. The children eat tea earlier on Fridays due to earlier collection. Wholemeal sandwiches: salmon, tuna, cream cheese, hummus, egg mayo & cucumber
Week 4	Cream cheese/ hummus, Breadsticks, Cucumber. Water and milk Falafel with hummus, pita and cucumber Apple Choice of cereal (Shreddies/ Weetabix/ Rice Crispies) Portion of plum,	Cream cheese/ hummus, Oatcakes, Tomato Water and milk Pasta bake Satsuma Porridge (oats & milk) with banana & cinnamon (no added sugar)	Cream cheese/ hummus Rice cakes, Cucumber, Water and milk Vegetable spaghetti bolognaise Apple Boiled Eggs Wholemeal Toast Melon (Three colours)	Fruit (2 portions) Apple & Pear Water - NO milk Egg fried sweetcorn rice (chickpeas for egg allergies) Satsuma Choice of cereal (Shreddies/ Weetabix/ Rice Crispies) Portion of banana,	No snack. The children eat tea earlier on Fridays due to earlier collection. Wholemeal sandwiches: salmon, tuna, cream cheese, hummus, egg mayo & cucumber Satsuma Crumpets with butter or cream cheese and cucumber
Week 4 Breakfast Morning	Cream cheese/ hummus, Breadsticks, Cucumber. Water and milk Falafel with hummus, pita and cucumber Apple Choice of cereal (Shreddies/ Weetabix/ Rice Crispies) Portion of plum, Water and milk Fruit (2 portions) Apple & Pear	Cream cheese/ hummus, Oatcakes, Tomato Water and milk Pasta bake Satsuma Porridge (oats & milk) with banana & cinnamon (no added sugar) Water and milk Cream cheese/ hummus Rice cakes, Carrot	Cream cheese/ hummus Rice cakes, Cucumber, Water and milk Vegetable spaghetti bolognaise Apple Boiled Eggs Wholemeal Toast Melon (Three colours) Water and milk Fruit (2 portions) Apple & Banana	Fruit (2 portions) Apple & Pear Water - NO milk Egg fried sweetcorn rice (chickpeas for egg allergies) Satsuma Choice of cereal (Shreddies/ Weetabix/ Rice Crispies) Portion of banana, Water and milk Fruit (2 portions) Pear & Plum	No snack. The children eat tea earlier on Fridays due to earlier collection. Wholemeal sandwiches: salmon, tuna, cream cheese, hummus, egg mayo & cucumber Satsuma Crumpets with butter or cream cheese and cucumber Water and milk Fruit (2 portions) Apple & Pear
Week 4 Breakfast Morning snack	Cream cheese/ hummus, Breadsticks, Cucumber. Water and milk Falafel with hummus, pita and cucumber Apple Choice of cereal (Shreddies/ Weetabix/ Rice Crispies) Portion of plum, Water and milk Fruit (2 portions) Apple & Pear Water and milk	Cream cheese/ hummus, Oatcakes, Tomato Water and milk Pasta bake Satsuma Porridge (oats & milk) with banana & cinnamon (no added sugar) Water and milk Cream cheese/ hummus Rice cakes, Carrot Water and milk Chicken Tomato Risotto with wholegrain rice	Cream cheese/ hummus Rice cakes, Cucumber, Water and milk Vegetable spaghetti bolognaise Apple Boiled Eggs Wholemeal Toast Melon (Three colours) Water and milk Fruit (2 portions) Apple & Banana Water and milk Meatballs (soya mince) in a tomato sauce with	Fruit (2 portions) Apple & Pear Water - NO milk Egg fried sweetcorn rice (chickpeas for egg allergies) Satsuma Choice of cereal (Shreddies/ Weetabix/ Rice Crispies) Portion of banana, Water and milk Fruit (2 portions) Pear & Plum Water and milk	No snack. The children eat tea earlier on Fridays due to earlier collection. Wholemeal sandwiches: salmon, tuna, cream cheese, hummus, egg mayo & cucumber Satsuma Crumpets with butter or cream cheese and cucumber Water and milk Fruit (2 portions) Apple & Pear Water and milk Salmon Goujons with new
Week 4 Breakfast Morning snack Lunch	Cream cheese/ hummus, Breadsticks, Cucumber. Water and milk Falafel with hummus, pita and cucumber Apple Choice of cereal (Shreddies/ Weetabix/ Rice Crispies) Portion of plum, Water and milk Fruit (2 portions) Apple & Pear Water and milk Pasta with tuna	Cream cheese/ hummus, Oatcakes, Tomato Water and milk Pasta bake Satsuma Porridge (oats & milk) with banana & cinnamon (no added sugar) Water and milk Cream cheese/ hummus Rice cakes, Carrot Water and milk Chicken Tomato Risotto with wholegrain rice (Quorn for vegetarian option) Broccoli Fresh fruit	Cream cheese/ hummus Rice cakes, Cucumber, Water and milk Vegetable spaghetti bolognaise Apple Boiled Eggs Wholemeal Toast Melon (Three colours) Water and milk Fruit (2 portions) Apple & Banana Water and milk Meatballs (soya mince) in a tomato sauce with Spaghetti Cauliflower Vanilla Rice pudding (low sugar)	Fruit (2 portions) Apple & Pear Water - NO milk Egg fried sweetcorn rice (chickpeas for egg allergies) Satsuma Choice of cereal (Shreddies/ Weetabix/ Rice Crispies) Portion of banana, Water and milk Fruit (2 portions) Pear & Plum Water and milk Jacket potato with cheese Baked Beans	No snack. The children eat tea earlier on Fridays due to earlier collection. Wholemeal sandwiches: salmon, tuna, cream cheese, hummus, egg mayo & cucumber Satsuma Crumpets with butter or cream cheese and cucumber Water and milk Fruit (2 portions) Apple & Pear Water and milk Salmon Goujons with new potatoes
Week 4 Breakfast Morning snack Lunch	Cream cheese/ hummus, Breadsticks, Cucumber. Water and milk Falafel with hummus, pita and cucumber Apple Choice of cereal (Shreddies/ Weetabix/ Rice Crispies) Portion of plum, Water and milk Fruit (2 portions) Apple & Pear Water and milk Pasta with tuna Sweetcorn Fruit compote & custard	Cream cheese/ hummus, Oatcakes, Tomato Water and milk Pasta bake Satsuma Porridge (oats & milk) with banana & cinnamon (no added sugar) Water and milk Cream cheese/ hummus Rice cakes, Carrot Water and milk Chicken Tomato Risotto with wholegrain rice (Quorn for vegetarian option) Broccoli	Cream cheese/ hummus Rice cakes, Cucumber, Water and milk Vegetable spaghetti bolognaise Apple Boiled Eggs Wholemeal Toast Melon (Three colours) Water and milk Fruit (2 portions) Apple & Banana Water and milk Meatballs (soya mince) in a tomato sauce with Spaghetti Cauliflower Vanilla Rice pudding	Fruit (2 portions) Apple & Pear Water - NO milk Egg fried sweetcorn rice (chickpeas for egg allergies) Satsuma Choice of cereal (Shreddies/ Weetabix/ Rice Crispies) Portion of banana, Water and milk Fruit (2 portions) Pear & Plum Water and milk Jacket potato with cheese Baked Beans (low sugar/salt) Fruity yoghurt	No snack. The children eat tea earlier on Fridays due to earlier collection. Wholemeal sandwiches: salmon, tuna, cream cheese, hummus, egg mayo & cucumber Satsuma Crumpets with butter or cream cheese and cucumber Water and milk Fruit (2 portions) Apple & Pear Water and milk Salmon Goujons with new potatoes Mixed vegetables