
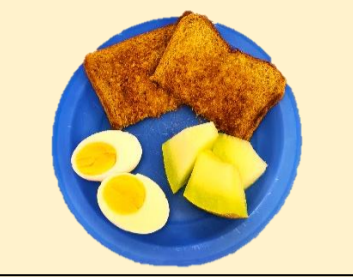




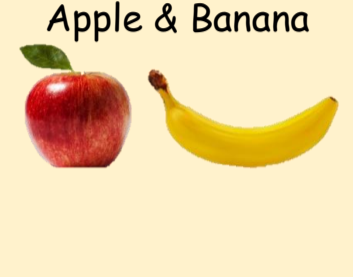













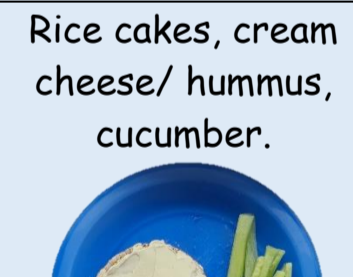



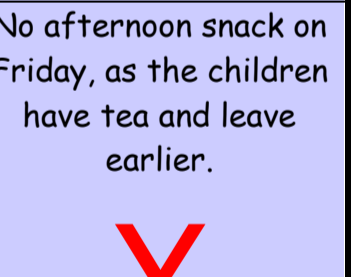





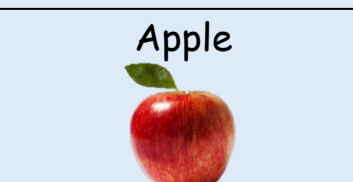


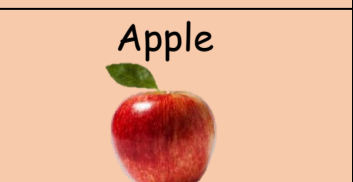



Week of:




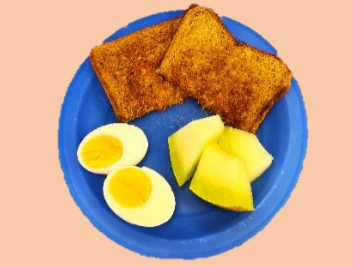






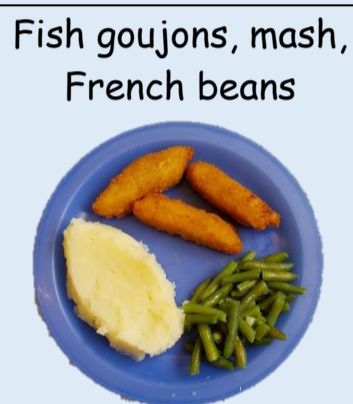





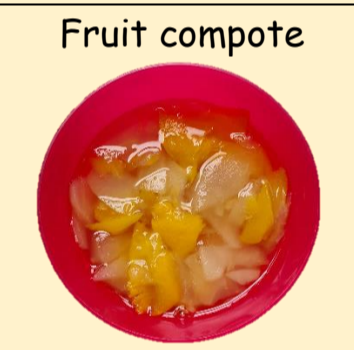


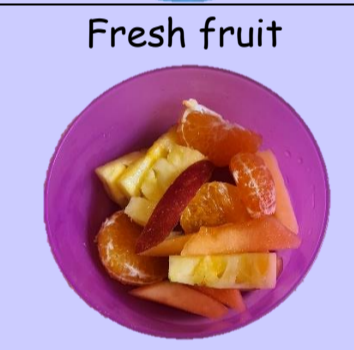


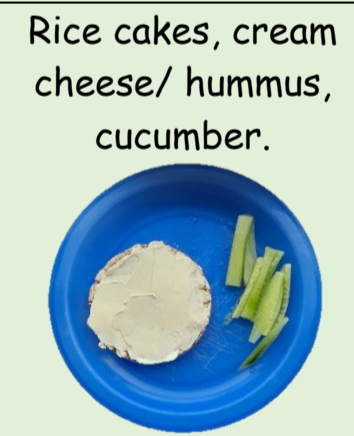


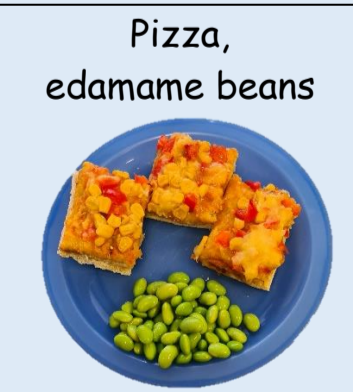




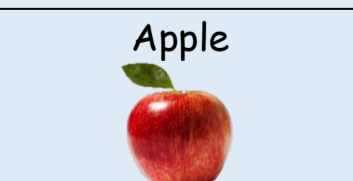

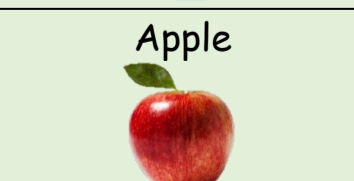


Shofar Daycare Nursery Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal with milk, plum 	Boiled Eggs, toast, melon 	Porridge with banana & cinnamon 	Choice of cereal with milk, banana 	Crumpets with butter or cream cheese & cucumber Portion of banana 
Morning snack	Melon 	Apple & Banana 	Corn thins, cream cheese/ hummus, cucumber. 	Pear & Plum 	Apple & Pear 
Lunch	Jacket potato with tuna & sweetcorn 	Roasted vegetable lasagne, cauliflower 	Chicken & tomato penne, broccoli 	Salmon Goujons, new potatoes, veg 	Vegetable curry, rice, tomatoes 
Dessert	Fruity yoghurt 	Fruit compote, custard 	Fresh fruit 	Vanilla rice pudding 	Fresh fruit 
Afternoon snack	Rice cakes, cream cheese/ hummus, cucumber. 	Breadsticks, cream cheese/ hummus, carrot 	Apple & Pear (no milk) 	Oatcakes, 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 	Egg fried rice with sweetcorn 	Vegetable spaghetti bolognaise 	Wholemeal sandwiches 
	Apple 	Satsuma 	Satsuma 	Apple 	Satsuma 

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

Week of:











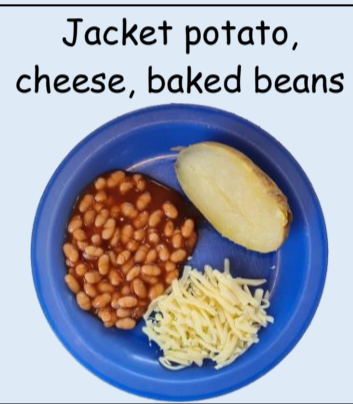

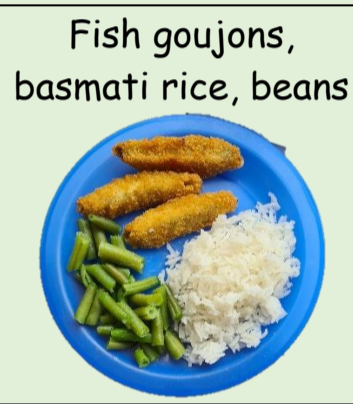





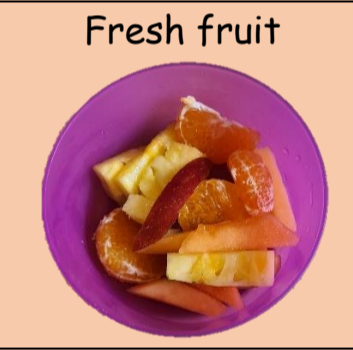
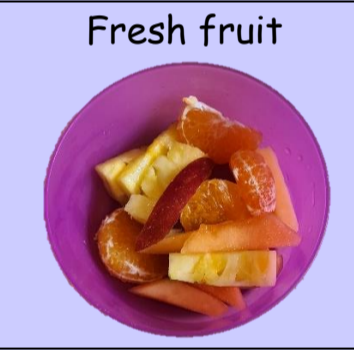


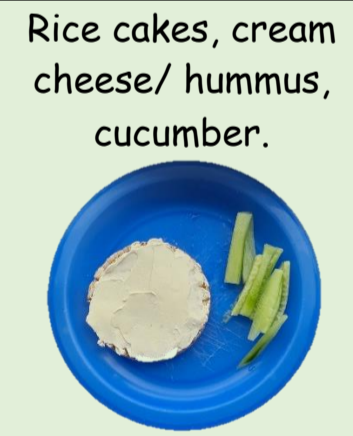







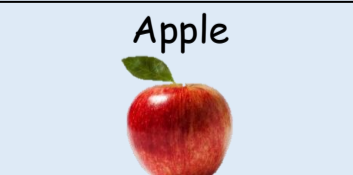




Shofar Daycare Nursery Menu - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereal with milk, plum 	Porridge with banana & cinnamon 	Choice of cereal with milk, banana 	Boiled eggs, toast, melon 	Crumpets with butter or cream cheese & cucumber Portion of banana 
Morning snack	Pear & Plum 	Corn thins, cream cheese/ hummus, carrot 	Melon 	Apple & Banana 	Apple & Pear 
Lunch	Fish goujons, mash, French beans 	Chicken tomato risotto, peas 	Jacket potato with tuna & sweetcorn 	Chilli con carne, wholegrain rice, veg 	Roasted vegetable lasagne. Broccoli 
Dessert	Vanilla rice pudding 	Fruit compote 	Fresh fruit, custard 	Fruity yoghurt 	Fresh fruit 
Afternoon snack	Oat cakes, cream cheese/ hummus, cucumber. 	Apple & Pear 	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 	Vegetable soup, wholemeal bread 	Egg fried rice with sweetcorn 	Pasta bake 	Falafel, hummus, pita & cucumber 
	Apple 	Satsuma 	Apple 	Satsuma 	Satsuma 

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

Week of:



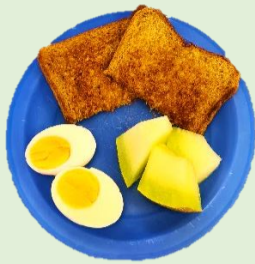

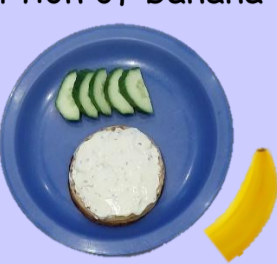








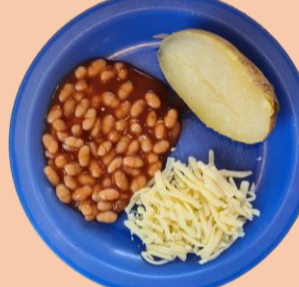





















Shofar Daycare Nursery Menu - Week 3

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