Week of: Shofar Daycare Nursery Menu - Week 1 Monday Tuesday Wednesday Thursday Friday Crumpets with butter or Boiled Eggs, toast, Choice of cereal Choice of cereal Porridge with cream cheese & cucumber with milk, plum melon banana & cinnamon with milk, banana Portion of banana Breakfast Apple & Banana Apple & Pear Corn thins, cream Pear & Plum Melon cheese/hummus, cucumber. Morning snack Jacket potato with Roasted vegetable Salmon Goujons, Vegetable curry, Chicken & tomato lasagne, cauliflower penne, broccoli new potatoes, veg rice, tomatoes tuna & sweetcorn Lunch Fruit compote, custard Vanilla rice pudding Fruity yoghurt Fresh fruit Fresh fruit Dessert Rice cakes, cream Breadsticks, cream Apple & Pear Oatcakes, cream No afternoon snack on Friday, as the children (no milk) cheese/hummus, cheese/hummus, cheese/hummus, have tea and leave cucumber. carrot tomato. earlier. Afternoon snack Egg fried rice with Vegetable spaghetti Pasta Bake Fish fingers, mash Wholemeal and peas bolognaise sandwiches sweetcorn 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 2 Monday Wednesday Thursday Tuesday Friday Crumpets with butter or Porridge with Choice of cereal Choice of cereal Boiled eggs, toast, cream cheese & cucumber with milk, plum banana & cinnamon with milk, banana melon Portion of banana **Breakfast** Corn thins, cream Melon Pear & Plum Apple & Pear Apple & Banana cheese/hummus, carrot Morning snack Roasted vegetable Chilli con carne, Fish goujons, mash, Jacket potato with Chicken tomato French beans wholegrain rice, veg risotto, peas tuna & sweetcorn lasagne. Broccoli Lunch Fruity yoghurt Vanilla rice pudding Fresh fruit, custard Fruit compote Fresh fruit Dessert Apple & Pear Oat cakes, cream Rice cakes, cream Breadsticks, cream No afternoon snack on Friday, as the children cheese/hummus, cheese/hummus, cheese/hummus, have tea and leave cucumber. cucumber. tomato. earlier. **Afternoon** snack Vegetable soup, Egg fried rice with Falafel, hummus, Pasta bake Pizza, edamame beans wholemeal bread sweetcorn pita & cucumber Tea Satsuma Apple 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 3 Tuesday Thursday Wednesday Monday Friday Crumpets with butter or Choice of cereal Porridge with Boiled eggs, toast, Choice of cereal cream cheese & cucumber banana & cinnamon with milk, plum with milk, banana melon Portion of banana **Breakfast** Pear & Plum Apple & Pear Apple & Banana Melon Corn thins, cream cheese/hummus, carrot Morning snack Pasta with tuna Jacket potato, Chicken & tomato Fish goujons, Tomato risotto, cheese, baked beans basmati rice, beans and sweetcorn meatballs, broccoli penne, veg Lunch Fresh fruit Vanilla Rice pudding Fruit compote, custard Fruity yoghurt Fresh fruit Dessert Breadsticks, cream Rice cakes, cream No afternoon snack on Apple & Pear Oatcakes, cream Friday, as the children (no milk) cheese/hummus, cheese/hummus, cheese/hummus, have tea and leave cucumber cucumber. tomatoes earlier. Afternoon snack Falafel, hummus, Egg fried rice with Pasta bake Vegetable spaghetti Wholemeal pita & cucumber bolognaise sweetcorn 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 Thursday Friday Tuesday Wednesday Monday Crumpets with butter or Choice of cereal Porridge with Boiled eggs, toast, Choice of cereal cream cheese & cucumber with milk, plum with milk, banana banana & cinnamon melon Portion of banana **Breakfast** Apple & Pear Apple & Pear Pear & Plum Apple & Banana Rice cakes, cream cheese/hummus, carrot Morning snack Chicken Tomato Jacket potato, Salmon Goujons, Pasta with tuna Tomato meatballs, spaghetti, cauliflower new potatoes, veg cheese, baked beans Risotto, broccoli and sweetcorn Lunch Fruit compote, custard Vanilla Rice pudding Fresh fruit Fruity yoghurt Fresh fruit Dessert Corn thins, cream Oatcakes, cream Breadsticks, cream No afternoon snack on Melon Friday, as the children (no milk) cheese/hummus, cheese/hummus, cheese/hummus, have tea and leave cucumber. cucumber. tomato. earlier. **Afternoon** snack Fish fingers, mash Egg fried rice with Falafel, hummus, Pasta bake Pizza, pita & cucumber sweetcorn edamame beans and peas Tea Apple Satsuma Apple Satsuma Satsuma All of the children have access to fresh drinking water throughout the day and with all meals