

Allergy Key: Cereals Containing Gluten, Egg, Soya, Milk

Mustard Fish Celery Lupin Sesame Peanuts/ Other Nuts Molluscs & Crustaceans Sulphur Dioxide/ Sulphites>10ppm NURSERY LUNCH MENU AW24

<u>Week 1</u>	<u>LUNCH</u>	<u>INGREDIENTS/ALLERGENS</u>	<u>DESSERT / STARTER</u>	<u>INGREDIENTS/ALLERGENS</u>	<u>VEGETARIAN</u>	<u>INGREDIENTS/ALLERGENS</u>
<u>MONDAY</u>	Chicken sweet and sour with rice	Chicken, Courgette, Aubergine, Tomato Water, Tomato Purée from Concentrate, Onion (10%), Sugar, Carrot (8%), Pineapple Juice from Concentrate, Pineapple (4%), Green Pepper (3.5%), Spirit Vinegar, Modified Maize Starch, Red Pepper (2%), Bamboo Shoot (1.5%), Salt, Ginger Puree, Garlic Puree, Colours (Paprika Extract, Anthocyanins), Flavouring. Long grain rice	Whole seasonal fruit	As in the description	Vegetable sweet and sour with rice	Courgette, Aubergine, Tomato Water, Tomato Purée from Concentrate, Onion (10%), Sugar, Carrot (8%), Pineapple Juice from Concentrate, Pineapple (4%), Green Pepper (3.5%), Spirit Vinegar, Modified Maize Starch, Red Pepper (2%), Bamboo Shoot (1.5%), Salt, Ginger Puree, Garlic Puree, Colours (Paprika Extract, Anthocyanins), Flavouring. Long grain rice
<u>TUESDAY</u>	Fishcakes With new potatoes, green beans, sweetcorn and parsley sauce	Fishcakes: Minced white FISH (34%), water, CEREALS CONTAINING GLUTEN wheat flour (calcium carbonates, iron, niacin thiamin), dried potato, sunflower oil, rapeseed oil, palm oil, salt, stabiliser (methyl cellulose), onion powder, yeast, parsley, sugar, tumeric, black pepper extract, colour (paprika extract), parsley extract). Potatoes, green beans, sweetcorn. Parsley sauce: whole MILK , mixed herbs, maize starch, skimmed MILK powder, CEREALS	Blueberry and lemon sponge cake	MILK, EGG, CEREALS CONTAINING GLUTEN (wheat), sugar, raising agents: E 450, E 500; modified starch, whey permeate powder (from MILK), palm oil, emulsifiers: E 471, E 472b, E 475; whey powder (from MILK), glucose syrup, salt, thickener E 415, flavouring, skim MILK powder), EGG , Whole fresh (EGG), Oil vegetable , Water, Blueberries, Lemon juice fresh, Sugar icing, Caster Sugar , Lemon peel	Vegetable Patties, with steamed new potatoes green beans and sweetcorn	Veg Pattie: CEREALS CONTAINING GLUTEN (wheat), Sweetcorn, onion, carrot, peas, broccoli, tumeric, oil, vegetable powder (mushroom, onion), bamboo fibre Potatoes, Green Beans, Sweetcorn Parsley sauce: whole MILK , mixed herbs, maize starch, skimmed MILK powder, CEREALS CONTAINING GLUTEN whey powder, wheat flour, palm fat, salt, yeast extract, onion powder, lactose (MILK), sugar, MILK

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		CONTAINING GLUTEN whey powder, wheat flour, palm fat, salt, yeast extract, onion powder, lactose (MILK), sugar, MILK protein, garlic powder, natural flavouring				protein, garlic powder, natural flavouring Green beans, sweetcorn
<u>WEDNESDAY</u>	Jacket potatoes, cheese, beans and carrot sticks	Potatoes Baked beans: Beans, tomatoes, water, sugar, glucose-fructose syrup, modified maize starch ,salt, onion powder, paprika, flavourings. Cheese: MILK Carrot	Peaches and Pineapple	As in the description	Jacket potatoes, cheese, beans and carrot sticks	Potatoes Baked beans: Beans, tomatoes, water, sugar, glucose-fructose syrup, modified maize starch ,salt, onion powder, paprika, flavourings. Cheese: MILK Carrot
<u>THURSDAY</u>	Halal sausage in gravy with steamed potatoes, sweetcorn and broccoli	Halal Sausage: water, chicken, rusk - CEREALS CONTAINING GLUTEN (wheat flour, salt, raising agent: ammonium carbonate), chicken fat, chicken skin, salt, stabilisers (tetrasodium diphosphate, disodium diphosphate), dextrose, flavourings, spices, preservative: sodium SULPHITE , sunflower oil. Filled with beef sausage casings (beef collagen, water, cellulose)	Yoghurts	Strawberry: yoghurt (MILK), sugar, water, strawberry puree (4%), modified maize starch, flavourings, beetroot juice concentrate.	Vegetarian sausage in gravy with steamed potatoes, sweetcorn and broccoli	Vegetarian Sausage: Rehydrated Textured SOYA Protein (71%), Water, Seasoning (Yeast Extract, Onion Powder, Natural Flavouring, Dextrose, Flavouring, Herb, Red Beetroot Powder), Onion (4%), Rapeseed Oil, Stabiliser (Methyl Cellulose), Tomato Puree, Stabiliser (Bamboo Fibre). Gravy: water, maltodextrin, potato starch, salt, yeast extract, onion powder, tomato powder, palm fat, natural flavourings, sugar,

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		Gravy: water, maltodextrin, potato starch, salt, yeast extract, onion powder, tomato powder, palm fat, natural flavourings, sugar, colour: caramelized sugar, thickener: guar gum, sage Potatoes, sweetcorn, broccoli				colour: caramelized sugar, thickener: guar gum, sage Potatoes, sweetcorn, broccoli
<u>FRIDAY</u>	Roast chicken fillet in gravy, diced potato, peas and carrots	Chicken, water, salt, Gravy: water, maltodextrin, potato starch, salt, yeast extract, onion powder, tomato powder, palm fat, natural flavourings, sugar, colour: caramelized sugar, thickener: guar gum, sage. Diced potato Peas, carrots	Melon slices	As in the description	Ratatouille, diced potato, peas and carrots	Chopped Tomato, crushed tomato, aubergine, courgette, peppers, mixed herbs Diced potato Peas, carrots

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<u>Week 2</u>	<u>LUNCH</u>	<u>INGREDIENTS/ALLERGENS</u>	<u>DESSERT /STARTER</u>	<u>INGREDIENTS/ALLERGENS</u>	<u>VEGETARIAN</u>	<u>INGREDIENTS/ALLERGENS</u>
<u>MONDAY</u>	Halal sausage, mixed beans and winter vegetable casserole, steamed potatoes, mixed vegetables and cauliflower	Halal Sausage: water, chicken, rusk - CEREALS CONTAINING GLUTEN (wheat flour, salt, raising agent: ammonium carbonate), chicken fat, chicken skin, salt, stabilisers (tetrasodium diphosphate, disodium diphosphate), dextrose, flavourings, spices, preservative: sodium SULPHITE, sunflower oil. Filled with beef sausage casings (beef collagen, water, cellulose) Casserole Sauce: Onion, garlic, diced carrot, diced sweet potatoes, diced swede, mixed herbs, mixed beans, rosemary Gravy mix: water, maltodextrin, potato starch, salt, yeast extract, onion powder, tomato powder, palm fat, natural flavourings, sugar, colour: caramelized sugar, thickener: guar gum, sage Potatoes, Mixed Vegetables (peas, carrots, sweetcorn, green beans), Cauliflower	Chocolate chickpea brownie	Caster Sugar , Dark Chocolate SOYA (soya beans) (cocoa mass 43.0%; sugar 43.0%; cocoa butter 13.0%; emulsifier: SOYA soya beans lecithin 1%; natural vanilla flavouring 1%), CEREALS CONTAINING GLUTEN wheat Plain Flour (Gluten) (Wheat Flour 99.6%, Calcium Carbonate, Thiamin, Niacin,Iron), Butter Unsalted (MILK), EGGS Whole fresh (EGGS), Chickpeas, EGG, yolk, raw, fresh (EGGS), Baking powder CEREALS CONTAINING GLUTEN (Raising Agents: Sodium Acid Pyrophosphate, Sodium Bicarbonate; CEREALS CONTAINING GLUTEN Fortified wheat flour (with Calcium, Iron, Niacin, Thiamin), Salt	Veggie Sausage, mixed beans and winter vegetable casserole, steamed potatoes, mixed vegetables and cauliflower	Vegetarian Sausage: Rehydrated Textured SOYA Protein (71%), Water, Seasoning (Yeast Extract, Onion Powder, Natural Flavouring, Dextrose, Flavouring, Herb, Red Beetroot Powder), Onion (4%), Rapeseed Oil, Stabiliser (Methyl Cellulose), Tomato Puree, Stabiliser (Bamboo Fibre). Casserole Sauce: Onion, garlic, diced carrot, diced sweet potatoes, diced swede, mixed herbs, mixed beans, rosemary Gravy mix: water, maltodextrin, potato starch, salt, yeast extract, onion powder, tomato powder, palm fat, natural flavourings, sugar, colour: caramelized sugar, thickener: guar gum, sage Potatoes, Mixed Vegetables (peas, carrots, sweetcorn, green beans), Cauliflower

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<u>TUESDAY</u>	Jacket potato with cheese, beans, and carrot sticks	Potato, Baked beans: Beans, tomatoes, water, sugar, glucose-fructose syrup, modified maize starch, salt, onion powder, paprika, flavourings. Cheese: MILK Carrot sticks	Pears and peaches	As in the description	Jacket potato with cheese, beans, and carrot sticks	Potato, Baked beans: Beans, tomatoes, water, sugar, glucose-fructose syrup, modified maize starch, salt, onion powder, paprika, flavourings. Cheese: MILK Carrot sticks
<u>WEDNESDAY</u>	Fishcakes with steamed diced potatoes, carrots, and broccoli. Parsley sauce	Fishcakes: Minced white FISH (34%), water, CEREALS CONTAINING GLUTEN wheat flour (calcium carbonates, iron, niacin thiamin), dried potato, sunflower oil, rapeseed oil, palm oil, salt, stabiliser (methyl cellulose), onion powder, yeast, parsley, sugar, tumeric, black pepper extract, colour (paprika extract), parsley extract). Parsley sauce: MILK (whole), mixed herbs, maize starch, skimmed MILK powder, CEREALS CONTAINING GLUTEN (WHEAT) Whey powder, Wheat flour, palm fat, salt, yeast extract, onion powder, lactose (MILK), sugar, MILK protein, garlic powder, natural flavouring. Potatoes, carrots, broccoli	Whole seasonal fruit	As in the description	Veg Patties with steamed diced potatoes, carrots, and broccoli. Parsley sauce	Veg Pattie: CEREALS CONTAINING GLUTEN (WHEAT) , Sweetcorn, onion, carrot, peas, broccoli, tumeric, oil, vegetable powder (mushroom, onion), bamboo fibre Parsley sauce: MILK (whole), mixed herbs, maize starch, skimmed MILK powder, CEREALS CONTAINING GLUTEN (WHEAT) Whey powder, Wheat flour, palm fat, salt, yeast extract, onion powder, lactose (MILK), sugar, MILK protein, garlic powder, natural flavouring. Potatoes, carrots, broccoli

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THURSDAY	Shepherds pie with mixed vegetables and green beans with gravy	Pie Mix: Minced lamb, onion, garlic, peas, sweetcorn, carrots, green beans Gravy mix: water, maltodextrin, potato starch, salt, yeast extract, onion powder, tomato powder, palm fat, natural flavourings, sugar, colour: caramelized sugar, thickener: guar gum, sage. Fresh mash potatoes, black pepper, mixed herbs. Mixed Vegetables (peas, carrots, sweetcorn, green beans), Green beans	Bananas and custard	Bananas Custard: maize starch, sugar, whey powder (MILK), dextrose, MILK protein (whey powder, acid casein), modified maize starch, emulsifier(E471), skimmed MILK powder, flavouring (lactose (MILK))	Vegetable and lentil pie. Mixed vegetables and green beans with gravy	Pie Mix: Lentils, onion, garlic, peas, sweetcorn, carrots, green beans Gravy mix: water, maltodextrin, potato starch, salt, yeast extract, onion powder, tomato powder, palm fat, natural flavourings, sugar, colour: caramelized sugar, thickener: guar gum, sage. Fresh mash potatoes, black pepper, mixed herbs Mixed Vegetables (peas, carrots, sweetcorn, green beans), Green beans
FRIDAY	Chicken meatballs in gravy, steamed potatoes sweetcorn and cauliflower	Chicken meatballs: chicken (70%), Water, Gluten Free Crumb (Rice Flour, Gram Flour, Water, Maize Starch, Salt, Dextrose Monohydrate). Seasoning (Potato Starch, Salt, Spices, Onion Powder, Sugar, Yeast Extract, Spice Extracts) Gravy: water, maltodextrin, potato starch, salt, yeast extract, onion powder, tomato powder, palm fat, natural flavourings, sugar, colour: caramelized sugar, thickener: guar gum, sage. Potatoes, sweetcorn, cauliflower	Yoghurts	Yoghurts: yoghurt (MILK), sugar, water, strawberry puree (4%), modified maize starch, flavourings, beetroot juice concentrate	Vegan meatballs in gravy, steamed potatoes sweetcorn and cauliflower	Vegan meatballs: Water, SOYA Protein (19%), Onion, Sunflower Oil, Tomato Paste, Chickpea Flour, Thickener (Methyl Cellulose), Brown Sugar, Parsley, Raising Agent (Sodium Bicarbonate), Flavouring, Salt, Garlic Powder, Colour (Caramel), Natural Flavouring, Black Pepper. Gravy: water, maltodextrin, potato starch, salt, yeast extract, onion powder, tomato powder, palm fat, natural flavourings, sugar, colour: caramelized sugar, thickener: guar gum, sage.

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						Potatoes, sweetcorn, cauliflower
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<u>Week 3</u>	<u>LUNCH</u>	<u>INGREDIENTS/ALLERGENS</u>	<u>DESSERT /STARTER</u>	<u>INGREDIENTS/ALLERGENS</u>	<u>VEGETARIAN</u>	<u>INGREDIENTS/ALLERGENS</u>
<u>MONDAY</u>	Chicken and vegetable korma with white rice	Diced chicken, onion, pepper, sweet potato, cauliflower, spinach, potato, fresh coriander, ground cumin, turmeric, ground coriander, garam masala. Sauce: Water, Sugar, Tomato Purée from Concentrate, Creamed Coconut (5%), Rapeseed Oil, Desiccated Coconut (4%), Ground Cumin, Ground Coriander, Garlic Purée, Ginger Purée, Modified Maize Starch, Salt, Ground Turmeric, Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Ground Cardamom, Corn flour Steamed white rice	Peach slices and pineapple rings	As in the description	Chickpea, potato and cauliflower curry, brown rice and naan bread	Curry: Chickpeas, water, diced potato, cauliflower florets, peppers, onion, garlic, ginger, tomato, spinach, coriander, curry powder, cumin. Steamed white rice
<u>TUESDAY</u>	Jacket potatoes, cheese, beans and carrot Sticks	Potatoes Baked beans: Beans, tomatoes, water, sugar, glucose-fructose syrup, modified maize starch ,salt, onion powder, paprika, flavourings. Cheese: MILK Carrot	Lime and ginger cake	MILK, EGG, SOYA, CEREALS CONTAINING GLUTEN	Jacket potatoes, cheese, beans and carrot Sticks	Potatoes Baked beans: Beans, tomatoes, water, sugar, glucose-fructose syrup, modified maize starch ,salt, onion powder, paprika, flavourings. Cheese: MILK Carrot

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<u>WEDNESDAY</u>	Lamb and vegetable bolognaise with pasta	Minced lamb, onion, garlic, carrot, sweetcorn, peas, green beans, chopped tomatoes, crushed tomatoes, mixed herbs Pasta: CEREALS CONTAINING GLUTEN (wheat)	Bananas and custard	Bananas Custard: maize starch, sugar, whey powder (MILK), dextrose, MILK protein (whey powder, acid casein), modified maize starch, emulsifier (E471), skimmed MILK powder, flavouring (lactose (MILK))	Veggie mince, lentil and vegetable bolognaise with pasta	SOYA MINCE: Rehydrated Textured SOYA Protein (96%), Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper] Lentils, Onion, garlic, carrot, sweetcorn, peas, green beans, chopped tomatoes, crushed tomatoes, mixed herbs Pasta: CEREALS CONTAINING GLUTEN (wheat)
<u>THURSDAY</u>	Roast chicken dinner with roast potatoes and steamed mixed vegetables and green beans	Chicken, water, salt, Gravy: water, maltodextrin, potato starch, salt, yeast extract, onion powder, tomato powder, palm fat, natural flavourings, sugar, colour: caramelized sugar, thickener: guar gum, sage Roasted New Potatoes: potato, rosemary, pepper, vegetable oil Mixed Vegetables (peas, carrots, sweetcorn, green beans), Green beans	Peaches and Pineapple	Peaches and Pineapple	Roast Quorn fillet dinner with roast potatoes and steamed mixed vegetables and green beans	Quorn Fillet: Mycoprotein (88%), Pea Fibre, Natural Flavouring, Potato Protein, Pea Protein, CEREALS CONTAINING GLUTEN (Wheat Gluten) Gravy: water, maltodextrin, potato starch, salt, yeast extract, onion powder, tomato powder, palm fat, natural flavourings, sugar, colour: caramelized sugar, thickener: guar gum, sage Roasted New Potatoes: potato, rosemary, pepper, vegetable oil

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						Mixed Vegetables (peas, carrots, sweetcorn, green beans), Green beans
FRIDAY	Salmon fishcakes with sliced potatoes, peas, and carrots. Parsley sauce	Fishcakes: Water, minced pink salmon (FISH), wheat flour (with calcium carbonates, iron, niacin, thiamine – CEREALS CONTAINING GLUTEN , potato, rapeseed oil, salt, wheat starch – CEREALS CONTAINING GLUTEN , potato starch, yeast, stabiliser (methyl cellulose), onion powder, caramelised sugar, turmeric extract, colour (paprika extract) Parsley sauce: MILK (whole), mixed herbs, maize starch, skimmed MILK powder, CEREALS CONTAINING GLUTEN (wheat) Whey powder, Wheat flour, palm fat, salt, yeast extract, onion powder, lactose (MILK), sugar, MILK protein, garlic powder, natural flavouring Potatoes, peas, carrots	Yoghurts	Yoghurt (MILK), sugar, water, strawberry puree (4%), modified maize starch, flavourings, beetroot juice concentrate.	Vegetable patties with sliced potatoes, peas, and carrots. Parsley sauce	Veg Pattie: CEREALS CONTAINING GLUTEN (WHEAT) , Sweetcorn, onion, carrot, peas, broccoli, tumeric, oil, vegetable powder (mushroom, onion), bamboo fibre Parsley sauce: MILK (whole), mixed herbs, maize starch, skimmed MILK powder, CEREALS CONTAINING GLUTEN (WHEAT) Whey powder, Wheat flour, palm fat, salt, yeast extract, onion powder, lactose (MILK), sugar, MILK protein, garlic powder, natural flavouring. Potatoes, peas, carrots