

FULLWOOD NURSERY CHILDRENS 4 WEEKLY MENU COMMENCING 25/09/2017

Week 1 – 25/09/2017	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast/Am Snack	Cereal/Toast/Fruit. Wheat.	Cereal/Toast/Fruit. Wheat.	Cereal/Toast/Fruit. Wheat.	Cereal/Toast/Fruit. Wheat.	Cereal/Toast/Fruit. Wheat.
Lunch	Macaroni Cheese. Gluten, Milk, Celery. Garlic Bread. Gluten.	Lentil Soup. Celery. Crusty Bread Gluten.	Fish Fingers. Fish, Gluten. Sweet Potato Chips & Peas.	Mince & Tatties. Gluten, Celery. Broccoli	Home-Made Turkey Burgers. Gluten. Potato Wedges. Turkey Tomato Pasta (Babies)
Dessert	Fresh Fruit.	Yoghurt. Milk.	Apple & Pear Crumble. Gluten. Custard. Milk.	Yoghurt. Milk.	Fresh Fruit.
Pm Snack	Fresh Fruit.	Various Sandwiches. Milk, Gluten.	Mix Vegetable Crudités. Celery.	Home-Made Scones. Milk, Gluten.	Toast & Banana. Gluten.
Week 2 – 02/10/2017	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast/Am Snack	Cereal/Toast/Fruit. Wheat.	Cereal/Toast/Fruit. Wheat.	Cereal/Toast/Fruit. Wheat.	Cereal/Toast/Fruit. Wheat.	Cereal/Toast/Fruit. Wheat.
Lunch	Sausage, Mash & Beans. Gluten.	Pasta Bolognaise. Gluten, Celery.	Chicken & Veg Soup. Celery. Crusty Bread. Gluten	Cottage Pie. Gluten.	Chicken Curry & Boiled Rice. Gluten. Pitta Bread. Gluten. Chicken Gravy & Boiled Rice.
Dessert	Yoghurt. Milk.	Fresh Fruit.	Yoghurt Milk.	Fresh Fruit	Ice Cream. Milk.
Pm Snack	Vegetable Crisps & Fresh Fruit. Finger Foods (Babies)	Crackers, Cheese & Fruit.	Various Sandwiches. Milk, Gluten.	Toast & Spaghetti. Gluten.	Fresh Fruit.
Allergy Advice	ALL ALLERGENS ARE LISTED IN BOLD. WE DO NOT DIRECTLY HANDLE OR USE NUTS IN ANY OF OUR DISHSES ALTHOUGH, SOME INGREDIENTS WE DO USE MAY CONTAIN TRACES OF NUTS. PLEASE INFORM US OF ANY ALLERGIES AND/OR DIETARY REQUIREMENTS.				

Week 3 – 09/10/2017	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast/Am Snack	Cereal/Toast/Fruit. Wheat.	Cereal/Toast/Fruit. Wheat.	Cereal/Toast/Fruit. Wheat.	Cereal/Toast/Fruit. Wheat.	Cereal/Toast/Fruit. Wheat.
Lunch	Pizza. Milk, Gluten, Celery.	Sausage & Bean Casserole. Gluten.	Chicken Curry & Boiled Rice. Gluten. Pitta Bread. Gluten. Tomato & Basil Chicken & Boiled Rice.	Tomato Soup. Celery. Crusty Bread. Gluten.	Macaroni Cheese. Milk, Gluten, Celery. Garlic Bread. Celery.
Dessert	Fresh Fruit.	Yoghurt. Milk.	Ice Cream Milk.	Fresh Fruit.	Yoghurt. Milk.
Pm Snack	Toast & Beans. Gluten.	Pancakes, Butter & Jam. Milk, Gluten	Mix Vegetable Crudités & Dip. Celery.	Various Sandwiches. Milk, Gluten.	Fresh Fruit.
Week 4 – 16/10/2017	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast/Am Snack	Cereal/Toast/Fruit Wheat	Cereal/Toast/Fruit Wheat	Cereal/Toast/Fruit Wheat	Cereal/Toast/Fruit Wheat	Cereal/Toast/Fruit Wheat
Lunch	Ham & Broccoli Pasta Bake. Milk, Gluten.	Fish Fingers Fish, Gluten Sweet Potato Chips & Peas	Pork Meatballs in Tomato Sauce. Celery. Cous Cous. Gluten	Chicken Casserole & Mash Potato. Celery, Gluten.	Sweet Potato Soup. Celery.
Dessert	Carrot Cake & Custard Milk, Gluten.	Fresh Fruit	Yoghurt Milk.	Fresh Fruit	Yoghurt Milk.
Pm Snack	Fresh Fruit	Crackers, Cheese & Fruit. Milk, Gluten.	Vegetable Crisps & Fresh Fruit Finger Foods (Babies)	Homemade Scones Milk, Gluten.	Various Sandwiches. Milk, Gluten.
Allergy Advice	ALL ALLERGENS ARE LISTED IN BOLD. WE DO NOT DIRECTLY HANDLE OR USE NUTS IN ANY OF OUR DISHSES ALTHOUGH, SOME INGREDIENTS WE DO USE MAY CONTAIN TRACES OF NUTS. PLEASE INFORM US OF ANY ALLERGIES AND/OR DIETARY REQUIREMENTS.				