Hythe Bay Children’s Centre Nursery Menu

Week 1

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Cereals with milk or water (contains wheat and milk) | | | | |
| Morning Snack | Examples: fruit, salad, crudities, cheese, soft cheese, ham, breadsticks, crackers, with milk or water (contains wheat and milk) | | | | |
| Lunch | Spaghetti & Quorn Bolognaise (contains wheat and milk) | Sausage, Mashed Potato & Peas (contains wheat) | Chicken Curry & Rice | Sweet and sour chicken with noodles  (contains wheat, egg) | Vegetable Pasta in Tomato Sauce with Optional Tuna (contains fish, wheat, milk) |
| Dessert | Ice Cream (contains milk) | Natural yoghurt & fruit coulis (contains milk) | Homemade Cake (contains egg, milk, wheat) | No Added Sugar Mousse (contains milk) | Fruit |
| Afternoon Snack | Examples: fruit, salad, crudities, cheese, soft cheese, ham, breadsticks, crackers, with milk or water (contains milk, wheat) | | | | |
| Light Tea | Toast with Spread, Jam, Marmite or Honey and Fruit (contains wheat) | Crumpets or Toast with Spread, Jam, Marmite or Honey and Fruit (contains wheat) | Sandwiches Selection with Crudities (contains wheat, milk, egg) | Wraps Selection  (contains egg, wheat,  milk) | Rolls Selection with Crudities (contains egg, wheat, milk) |

\*Please note, the food provided might differ to this menu in special circumstances, such as festivals and holidays, or our cook being off work

\*Alternative meals may be provided for children with dietary requirements (such as vegan) or allergies. Please speak to staff for more information.

Hythe Bay Children’s Centre Nursery Menu

Week 2

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Cereals with milk or water (contains milk, wheat) | | | | |
| Morning Snack | Examples: fruit, salad, crudities, cheese, soft cheese, ham, breadsticks, crackers, with milk or water (contains wheat, milk) | | | | |
| Lunch | Chilli & Rice | Jacket Potato with Beans, Tuna & Cheese (contains egg, fish, milk) | Fish Fingers, Mashed Potato & Beans (contains egg, fish, wheat) | Spaghetti & Meatballs (contains milk, wheat) | Macaroni Cheese & Vegetables (contains wheat, milk) |
| Dessert | Yoghurt (contains milk) | Fruit | Ice Cream (contains milk) | No Added Sugar Mousse (contains milk) | Sugar Free Jelly |
| Afternoon Snack | Examples: fruit, salad, crudities, cheese, soft cheese, ham, breadsticks, crackers, with milk or water (contains milk, wheat) | | | | |
| Light Tea | Rolls Selection with Crudities (contains egg, milk, wheat) | Toast with Spread, Jam, Marmite or Honey with Fruit (contains wheat) | Pitta bread with fillings  (contains wheat, milk, egg) | Baked Beans on Toast (contains wheat) | Sandwich Selection with Crudities (contains milk, wheat, egg) |

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Hythe Bay Children’s Centre Nursery Menu

Week 3

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Cereals with milk or water (contains wheat, milk) | | | | |
| Morning Snack | Examples: fruit, salad, crudities, cheese, soft cheese, ham, breadsticks, crackers, with milk or water (contains wheat, milk) | | | | |
| Lunch | Spaghetti & Meatballs (contains milk, wheat) | Jacket Potato with Tuna, Cheese & Beans (contains milk, wheat, egg) | Vegetable Pasta in Tomato Sauce (contains wheat, milk) | Fish Fingers, Mashed Potato & Beans (contains fish, wheat, egg) | Chicken Curry & Rice |
| Dessert | Yoghurt (contains milk) | Cheesecake (contains wheat) | Ice Cream (contains milk) | Homemade Cake (contains egg, milk, wheat) | No Added Sugar Mousse (contains milk) |
| Afternoon Snack | Examples: fruit, salad, crudities, cheese, soft cheese, ham, breadsticks, crackers, with milk or water | | | | |
| Light Tea | Beans on Toast (contains wheat) | Wraps Selection  (contains egg, wheat,  milk) | Toast with Spread, Jam, Marmite or Honey and Fruit (contains wheat) | Sandwiches Selection with Crudities (contains egg, wheat, milk) | Rolls Selection with Crudities (contains wheat, milk, egg) |

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