** Magic Years Nursery Menu Spring/summer **

**Week 1 & 3**

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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast (8.00 -8.30)** | **Breakfast (8.00 -8.30)** | **Breakfast (8.00 -8.30)** | **Breakfast (8.00 -8.30)** | **Breakfast (8.00 -8.30)** |
| Cheerio cereals & toast with white bread/ slice appleAllergens: wheat, barley, milk | Cornflake cereal & toast with whole wheat bread/ easy peelersAllergens: wheat, barley, milk | Rice crispies cereal & toast with whole grain bread/ slices plumsAllergens: wheat, barley, milk | Weetabix cereal & toast with white bread/slice appleAllergens: wheat, barley, milk | Cheerio cereal & toast with wheat bread/slice orangesAllergens: wheat, barley, milk |
| **Morning Snack (9.45-10.00)** | **Morning Snack (9.45-10.00)** | **Morning Snack (9.45-10.00)** | **Morning Snack (9.45-10.00)** | **Morning Snack (9.45-10.00)** |
| Mix fruit salad (apples, pears, oranges, banana)Whole milk/water | Bread sticks with sliced pearsWhole milk/water | Crackers with soft cheese/butterWhole milk/water | Cucumbers/carrots/ humous/tortilla Whole milk/wate | Peppers/ cheddar/grissini Whole milk/water |
| **Lunch (12.00- 12.30)** | **Lunch (12.00- 12.30)** | **Lunch (12.00- 12.30)** | **Lunch (12.00- 12.30)** | **Lunch (12.00- 12.30)** |
| Vegetarian alternative: soya chilli con carne with rice(white)/radishBanana slices and custardAllergens: wheat, gluten, dairy, egg | Tuna Farfalle pasta (Whole grain) with salad(tomatoes,iceberg,cucumbers)/ Rice pudding/melonVegetarian alternative: vegetable(peppers,mushrooms,onion,sweetcorn) pasta&boiled eggsAllergens: wheat | Chicken couscous/broccoliApple crumble and custardVegetarian alternative:Vegetable (peppers,mushrooms,onion, sweetcorn)kidney beans couscousAllergens: wheat, gluten, dairy | Chicken rice (white) curry/carrots, cucumbersNatural yoghurt and stewed fruitVegetarian alternative: chickpea rice curry with salad(tomatoes,iceberg,cucumbers)Allergens: milk | Cod fish over lemon vegetable (onion,peas,Sweetcorn,carrots) noodlesJelly /sliced applesVegetarian alternative:Vegetable burgers(soya) over noodlesAllergens: fish, wheat, milk, soya |
| **Afternoon snack 2.00– 2.15** | **Afternoon snack 2.00– 2.15** | **Afternoon snack 2.00– 2.15** | **Afternoon snack 2.00– 2.15** | **Afternoon snack 2.00– 2.15** |
| Bagel/soft cheeseWhole milk/water | Cucumbers/carrots and Humous dipWhole milk/water | Greek yogurt and pitta breadWhole milk/water  | Apple/orange/banana/pear saladWhole milk/water | Crackers and spread (soft cheese/tuna filler)Whole milk/water |
| **Tea (4.00- 4.30)** | **Tea (4.00 – 4.30)** | **Tea (4.00 – 4.30)** | **Tea (4.00 – 4.30)** | **Tea (4.00 – 4.30)** |
| Rice (brown) tuna/ red beans salad/ brown rice/red beans Quorn saladFage yogurtAllergens: milk, wheat, barley | Homemade pizza (mozzarella, tomato sauce, pitta bread/Quorn pieces)orangesAllergens: fish, wheat, barley | Variety of sandwiches (wholemeal bread tuna filler, soft cheese or humous)/carrot fingerstrawberry Allergens: fish, wheat, barley, milk | Tacos (tortilla, codfish/vegetable fingers/cucumbers/ plain fromage yogurtAllergens: fish | Lentil Soup(mushroom) with 50/50 breadbananaAllergens: wheat, barley |
| Milk is provided for breakfast and snacks and fresh water provided throughout the day  |

** Magic Years Nursery Menu **

**Week 2 & 4**

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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast (8.00 -8.30)** | **Breakfast (8.00 -8.30)** | **Breakfast (8.00 -8.30)** | **Breakfast (8.00 -8.30)** | **Breakfast (8.00 -8.30)** |
| Cornflake cereals & toast with whole grain bread/ slice orangesAllergens: wheat, barley, milk | Cheerio cereal & toast with white bread/ slice appleAllergens: wheat, barley, milk | Weetabix cereal cereal & toast with wheat bread/ easy peelersAllergens: wheat, barley, milk | Rice criespie & toast with wheat bread/ slices plumsAllergens: wheat, barley, milk | Cheerio cereal & toast with white bread/ slice appleAllergens: wheat, barley, milk |
| **Morning Snack (9.45-10.00)** | **Morning Snack (9.45-10.00)** | **Morning Snack (9.45-10.00)** | **Morning Snack (9.45-10.00)** | **Morning Snack (9.45-10.00)** |
| Bread sticks with humous and cherry tomatoWhole milk/water | Carrot/peppers and cucumbers with dips(feta,avocado)Milk/water | French bread/ butter/ orange sliceMilk/water | Rolls / cheddar /apple sliceMilk/water | Rice cakes /feta/bananaMilk/water |
| **Lunch (12.00- 12.30)** | **Lunch (12.00- 12.30)** | **Lunch (12.00- 12.30)** | **Lunch (12.00- 12.30)** | **Lunch (12.00- 12.30)** |
| Spaghetti(brown) Beef Bolognese with mix salad (cherry tomatoes, spring onion)Blueberry muffin Vegetarian alternative:Soya mince/spaghetti(brown) with salad(cherry tomatoes, spring onion)Allergens: wheat, gluten, soya | Chicken korma/rice(white)/Brussel sprotFromage fraisVegetarian alternative:Lentil curry rice(white) Brussel sprotAllergens: wheat, gluten, dairy | Vegetable(sweetcorn,pees,green beans,carrots) tofu /rice(brown)Banana slices and custardAllergens:  | Baked beans sausage hotpot /mash potato/ tomatoesBanana slices/custardVegetarian alternative: Quinoa burger(chickpea, feta, dried tomatoes, herbs)/mash potatoes/peppers/Allergens: milk, soya | Grilled cod fish/rosemary roasted potatoes/side peasSeasonal fruit salad(banana,pears,peach)Vegetarian alternative:Roasted potatoes with vegetable fingers and kidney beans/brussel sprotAllergens: fish, wheat,  |
| **Afternoon snack 2.00– 2.15** | **Afternoon snack 2.00– 2.15** | **Afternoon snack 2.00– 2.15** | **Afternoon snack 2.00– 2.15** | **Afternoon snack 2.00– 2.15** |
| Fruit salad mix (melon, orange, banana, apple)Milk/water | Pitta bread with sliced eggs /peppersMilk/water | Cheese and tomatoes toastyMilk/water  | Crackers/peppers/cedar sliceMilk/water | Bread sticks with butter/plumsMilk/water |
| **Tea (4.00- 4.30)** | **Tea (4.00- 4.30)** | **Tea (4.00- 4.30)** | **Tea (4.00- 4.30)** | **Tea (4.00- 4.30)** |
| Couscous and chick pea / corn/ orangesAllergens: wheat, barley | Roast chicken/quorn wrap with lettuce/cucumber/ Rice puddingAllergens: wheat, barley | Fusilli pasta(white) salad (red beans, kidney beans, peppers) plain fromage yogurtAllergens: wheat, barley | Sardines/pinto bean/white toast/tomatoesFage yogurtAllergens: wheat, barley | Courgette/ tuna pasta(whole)/vegan sausage /whole pasta/strawberryAllergens: wheat, barley, fish |
| Milk is provided for breakfast and snacks and fresh water provided throughout the day  |

** Magic Years Nursery Menu Autumn/winter **

**Week 1 & 3**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast (8.00 -8.30)** | **Breakfast (8.00 -8.30)** | **Breakfast (8.00 -8.30)** | **Breakfast (8.00 -8.30)** | **Breakfast (8.00 -8.30)** |
| Weetabix cereals& white bread toast/slice tomatoesAllergens: wheat, barley, milk | Cornflake cereal & toast with whole wheat bread/ easy peelersAllergens: wheat, barley, milk | Rice crispies cereal & toast with whole grain bread/ avocadoAllergens: wheat, barley, milk | Weetabix cereal & toast with white bread/slice appleAllergens: wheat, barley, milk | Porridge & toast with wheat bread/celeriesAllergens: wheat, barley, milk |
| **Morning Snack (9.45-10.00)** | **Morning Snack (9.45-10.00)** | **Morning Snack (9.45-10.00)** | **Morning Snack (9.45-10.00)** | **Morning Snack (9.45-10.00)** |
| Snowman (white bread circles, red slice peppers and olives)Whole milk/water | String cheese snowman (cheese strings, carrot buttons, bread stick)Whole milk/water | Santa (strawberry hat, rice cakes, cheddar buttons)Whole milk/water | Snowman ranch dip (baby carrots, olives, humous)Whole milk/wate | Grape fruit tree (grapes, strawberry, pineapple)Whole milk/water |
| **Lunch (12.00- 12.30)** | **Lunch (12.00- 12.30)** | **Lunch (12.00- 12.30)** | **Lunch (12.00- 12.30)** | **Lunch (12.00- 12.30)** |
| Vegetarian alternative: lentil with (rice (50/50) sweet potatoesFresh fruit melon & yogurtAllergens: wheat, gluten, dairy,  | Roast chicken/mashed potatoes/ gravy/mixed salad(beetroot,cucumbers)Vegetarian alternative: vegan meatballs(beans,mushroom)mashed potatoes/gravy/mixed saladPeach crumble/custardAllergens: wheat |  Whole Spagheti Bolognese /broccoli, brussel sproats Vegetarian alternative:Whole spaghetti bolognese(quorn) / broccoli, brussel sproatsBlended strawberry mousse(Greek yogurt)Allergens: wheat, gluten, dairy | Lamb pasanda,spices, yougurt naan bread, cucumbersVegetarian alternative: cheese tomato quiche/sweet potatoes(tomatoes,iceberg,cucumbers)Natural yoghurt and stewed fruitAllergens: dairy | Macherel fish/parsley sauce/boiled potatoes/sweetcorn Vegetarian alternative:Black bean stir fry noodle/iceberg,tomatoesRice puddingAllergens: fish, wheat, milk, soya |
| **Afternoon snack 2.00– 2.15** | **Afternoon snack 2.00– 2.15** | **Afternoon snack 2.00– 2.15** | **Afternoon snack 2.00– 2.15** | **Afternoon snack 2.00– 2.15** |
| Penguin babybel(cheddar/carrots triangles/pitta bread)Whole milk/water | Reindeer sandwich (crackers/humous/red peppers/olives)Whole milk/water | Snowman bagel (white bagel/butter/blueberries)Whole milk/water  | Santa (red pepper/white tortilla/boiled egg)Whole milk/water | Skating sandwich(ham or quorn/slice cheese,cherry tomatoes)Whole milk/water |
| **Tea (4.00- 4.30)** | **Tea (4.00 – 4.30)** | **Tea (4.00 – 4.30)** | **Tea (4.00 – 4.30)** | **Tea (4.00 – 4.30)** |
| Ravioli/chicken breast or chickpea/cherry tomatoesHomemade apple crumbleAllergens: dairy, wheat | Cheese tomato quiche/wedge potatoes/peasPlain fromage yogurtAllergens: wheat, dairy | Variety of sandwiches (wholemeal bread tuna filler, soft cheese or humous/peppers)strawberry Allergens: fish, wheat, dairy | Homemade whole macaroni cheese/red lentil/pickles plain fromage yogurtAllergens: dairy, wheat | Tomato soup/vegan meatballs/garlic breadbananaAllergens: wheat |
| Milk is provided for breakfast and snacks and fresh water provided throughout the day  |

** Magic Years Nursery Menu Autumn/winter **

**Week 2 & 4**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast (8.00 -8.30)** | **Breakfast (8.00 -8.30)** | **Breakfast (8.00 -8.30)** | **Breakfast (8.00 -8.30)** | **Breakfast (8.00 -8.30)** |
| Rice crispy cereals & toast with whole grain bread/ slice plumsAllergens: wheat, barley, milk | Porridge & toast with white bread/ slice celeriesAllergens: wheat, barley, milk | Weetabix cereal cereal & toast with wheat bread/ avocadoAllergens: wheat, barley, milk | Cornflake & toast with wheat bread/ slices tomatoesAllergens: wheat, barley, milk | Weetabix cereal & toast with white bread/ slice appleAllergens: wheat, barley, milk |
| **Morning Snack (9.45-10.00)** | **Morning Snack (9.45-10.00)** | **Morning Snack (9.45-10.00)** | **Morning Snack (9.45-10.00)** | **Morning Snack (9.45-10.00)** |
| Melon/raspberry penguinWhole milk/water | Christmas tree -waffles tree/strawberry, blueberry/feta ballsMilk/water | Mozzarella snowman (cucumber, mozzarella pearls, slice carrots)Milk/water | Polar bear (crackers, soft cheese, black olives)Milk/water | Snowman (bread sticks/banana, raspberry) Milk/water |
| **Lunch (12.00- 12.30)** | **Lunch (12.00- 12.30)** | **Lunch (12.00- 12.30)** | **Lunch (12.00- 12.30)** | **Lunch (12.00- 12.30)** |
| Sweet sour chicken/egg whole noodle/mix salad (cherry tomatoes, spring onion) Vegetarian alternative:Crockpot vegetable(zuchinni, mushrooms, spinach) egg,mozzarella, lasagnaYogurt/fresh fruitAllergens: wheat, gluten, soya | Mild chili con carne/jacket potatoes/sweetcorn, broccoliVegetarian alternative:Lentil sweet potato curry white rice/sweet corn, broccoli Rice puddingAllergens: wheat, gluten, dairy | Vegetarian alternative:Five bean chili/50-50 rice/ green beans,carrots,cauliflower floretsApple cobbler/custardAllergens: milk, gluten | Chicken tikka masala curry/brown rice/tomatoesVegetarian alternative: Chickpea curry/brown rice/tomatoesBanana sponge/custardAllergens: milk | Battered cod fillet/baked chips or couscous/peasVegetarian alternative:Spanish Omelette /baked chips or couscous/peas Rice puddingAllergens: fish, wheat, egg |
| **Afternoon snack 2.00– 2.15** | **Afternoon snack 2.00– 2.15** | **Afternoon snack 2.00– 2.15** | **Afternoon snack 2.00– 2.15** | **Afternoon snack 2.00– 2.15** |
| Snowflakes(crackers ,ham/quorn slice, cedar cheese) | Grinch kabobs (grape,banana,strawberry)Milk/water | Holly leaves snack (whole pitta, salad, cherry tomatoes)Milk/water  | Frosty bagel (white bagel, soft cheese, sardinesMilk/water | Olaf (bread sticks, melon mozzarella)Milk/water |
| **Tea (4.00- 4.30)** | **Tea (4.00- 4.30)** | **Tea (4.00- 4.30)** | **Tea (4.00- 4.30)** | **Tea (4.00- 4.30)** |
| Baked jacket potatoes/beans/carrot batonsorangesAllergens: wheat, barley | Baked beans/whole tortilla/tomatoesRice puddingAllergens: wheat, barley | Homemade winter kidney beans broth/white crusty bread/carrot sticksHomemade ginger breadAllergens: wheat, barley | Tofu chickpea stir fry/ croutons /cucumber/ avocadoMelonAllergens: wheat, barley | Lentil soup/mushroom/50-50 breadRice puddingAllergens: wheat, barley,milk |
| Milk is provided for breakfast and snacks and fresh water provided throughout the day  |