



Week 1 – Menu created by Lindsay at Broomhill Nursery

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8am - 9am)	Choice of Porridge, Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops all served with Fresh Fruit				
Morning Snack	Banana & Greek Yoghurt	Toast & (low sugar) Jam	Porridge & Honey	Melon Medley & Greek Yoghurt	Cheese & Spinach Mini Omelettes
Lunch	Linz's Mexican Quesadillas, Wedges & Salad or Paprika Beans	Indian Beef Korma with Carrots & Potatoes + Basmati Rice (*Quorn version available)	Italian Roasted Veg Lasagne & Garlic Bread	Jolly Jacket Potatoes, Cheesy Beans & Salad	Super Sante Salmon Mornay & Garden Peas
Dessert	Fruit Salad	Banana Loaf	Fruit Platter	Fromage Frais & Strawberries	Vanilla Ice Cream & Wafers
Afternoon Snack	Chocolate Rice Krispie Treats	Sliced Apple & Cheese Cubes	Ginger Biscuits	Vegetable Platter & Humous	Cream Cheese & Crackers
Tea	Wraps Cheese & Tomato Ham & Cucumber	Sandwiches Chicken Salad Egg Salad	Pitta Pockets Cheese & Salad Tuna & Sweetcorn	Sandwiches Ham Salad Egg Salad	Bagels Cheese & Tomato Chicken & Cucumber

DF - Dairy Free

V - Vegetarian

GF - Gluten Free

Elmore Kindergarten can provide for the above 'food intolerances' and the nurseries are 'nut free'. If your child has an 'allergy' towards certain ingredients that can't be avoided through one of the above groups, we do recommend you provide food for your child's day.



Week 2 – Menu created by Jo at Frecheville Nursery

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8am - 9am)	Choice of Porridge, Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops all served with Fresh Fruit				
Morning Snack	Wholemeal Toast with Jam	Crackers with Cheese	Toasted Brioche & fruit	Sliced Fruit	Mini Pancakes with Seasonal Fruit & Honey
Lunch	Sausage Casserole with Herby Cous-Cous (*Quorn/rice version available)	Oven Roasted Chicken on a Bed of Vegetables and New Potatoes (*Quorn version alternative)	Wholemeal Pasta with Vegetable Sauce	Ham Frittata with Cubed Potatoes and Cucumber Slices (Tofu as replacement for eggs)	Salmon and Rice with Vegetables
Dessert	Apricot Slices	Poached Pears & Yoghurt	Mixed Fruit Crumble & Custard	Blueberry & Yoghurt Muffins	Jam Tarts & Jammy Flapjack
Afternoon Snack	Cheesy Biscuits	Ham & Cheese Hearts	Lemon Slices	Roasted Red Pepper Hummus & Pitta	Fruit Salad
Tea	Wraps Tuna Sweetcorn Cheese & Tomato	Sandwiches Chicken & Cucumber Cheese & Tomato	Pitta Pockets Egg Salad Chicken Salad	Sandwiches Cheese Salad Ham Salad	Bagels Tuna & Sweetcorn Cheese & Cucumber

DF - Dairy Free

V - Vegetarian

GF - Gluten Free

Elmore Kindergarten can provide for the above 'food intolerances' and the nurseries are 'nut free'. If your child has an 'allergy' towards certain ingredients that can't be avoided through one of the above groups, we do recommend you provide food for your child's day.



Week 3 – Menu created by Clare at Middlewood Nursery

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8am - 9am)	Choice of Porridge, Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops all served with Fresh Fruit				
Morning Snack	Scrambled Egg & Wholemeal Toast	Cinnamon Toast & Banana	Crumpets or Toast with Jam	Fresh Fruit	Bagel & Cream Cheese
Lunch	Mini Beef Meatballs in a Tomato & Vegetarian Sauce with Pasta (*Quorn version alternative)	Jacket Potatoes with Cheese, Beans or Tuna	Hearty Cottage Pie & Seasonal Vegetables (*Quorn version alternative)	Creamy Chicken/Vegetable Korma with Pea Rice	Cod in Tomato Sauce, New Potatoes, Peas & Sweetcorn
Dessert	Apple & Cinnamon Crumble with Ice Cream	Fruity Flapjack & Custard	Fresh Fruit & Yogurt	Oat & Raisin Cookies	Apple & Rhubarb Pie with Ice Cream
Afternoon Snack	Fruit Salad & Greek Yoghurt	Sliced Apple & Cheese	Chocolate Rice Krispie Treats	Carrot & Celery Sticks with Cheese	Tortilla Pizzas + Crudités
Tea	Wraps Chicken & Tomato Egg Salad	Sandwiches Cheese & Cucumber Tuna & Sweetcorn	Pitta Pockets Cheese Salad Ham Salad	Sandwiches Ham & Tomato, Cucumber Tuna & Sweetcorn	Bagels Cheese & Tomato Chicken Salad

DF - Dairy Free

V - Vegetarian

GF - Gluten Free

Elmore Kindergarten can provide for the above 'food intolerances' and the nurseries are 'nut free'. If your child has an 'allergy' towards certain ingredients that can't be avoided through one of the above groups, we do recommend you provide food for your child's day.



Week 4 – Menu created by Mark at Ecclesfield Nursery

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8am - 9am)	Choice of Porridge, Cornflakes, Puffed Rice, Weetabix or Multigrain Hoops all served with Fresh Fruit				
Morning Snack	Fresh Fruit	Toast with Jam	Melon with Honey Yoghurt	Apple Crumble Breakfast Bar	American Pancakes with Fruit & Honey
Lunch	Pasta Bolognese Bake (*Quorn version alternative)	Chicken/Vegetable Curry with Rice	Shepherds/Lentil Pie with Peas & Carrots	Chicken/Sugar Snap Peas Stir Fry Rice	Fish Pie with Sweetcorn Fritters
Dessert	Apricot Flapjack	Pineapple Upside Down Cake	Banana Custard	Lemon Drizzle Sponge	Chocolate Chip Cookies
Afternoon Snack	Banana Cinnamon Sponge	Cream Cheese & Crackers	Fruit Salad	Cream Cheese & Crackers	Roasted Red Pepper Hummus & Bread Sticks
Tea	Wraps Cheese & Cucumber Tuna & Sweetcorn	Sandwiches Chicken & Tomato Egg Salad	Pitta Pockets Cheese Salad Ham Salad	Sandwiches Ham & Tomato, Cucumber Tuna & Sweetcorn	Bagels Cheese & Tomato Chicken Salad

DF - Dairy Free

V - Vegetarian

GF - Gluten Free

Elmore Kindergarten can provide for the above 'food intolerances' and the nurseries are 'nut free'. If your child has an 'allergy' towards certain ingredients that can't be avoided through one of the above groups, we do recommend you provide food for your child's day.