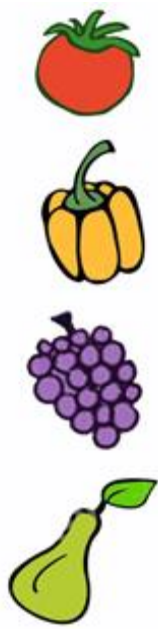
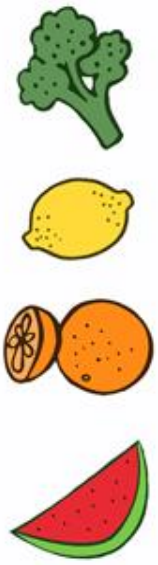


# Buoys & Gulls Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Oatcakes with soft cheese & fresh fruit	Homemade tortilla chips with houmous & fresh fruit	Rice cakes & fresh fruit	Weetabix with milk & fresh fruit	Crackers & cheddar cheese with fresh fruit
<b>Lunch</b>	Pea & ham soup with wholemeal bread <b>or</b> Butternut squash risotto	Spaghetti Bolognese <b>or</b> Quorn & leek pie	Turkey curry with fluffy, boiled rice <b>or</b> Caramalised onion tart	Creamy chicken & sweetcorn pasta <b>or</b> Stuffed jacket potatoes	Homemade fish goujons with sweet potato fried & peas <b>or</b> Quorn & vegetable paella
<b>Pudding</b>	Angel Delight	Yoghurts	Fruit crumble & custard	Homemade rice pudding	Natural yoghurt & fresh fruit
<b>Afternoon Snack</b>	Selection of cereals & fresh fruit	Jam sandwiches & fresh fruit	Digestive biscuits & fresh fruit	Yoghurts & fresh fruit	Warm, buttered pancakes & fresh fruit



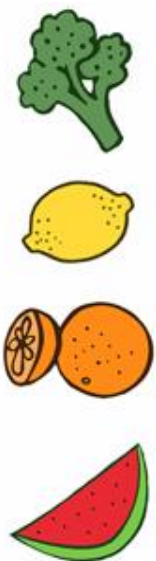
\*All of our menus adhere to current Setting the Table Guidelines which you can see [here](#)

\*Where required food will be pureed, semi pureed, mashed or chopped to meet the needs of babies and younger children.

\*Information on allergens within the foods we serve are available from the team-leaders, management and chef within the nursery on request.



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Oatcakes with soft cheese & fresh fruit	Toasted bagels with a selection of spread & fresh fruit	Rice cakes & fresh fruit	Jam sandwiches & fresh fruit	Weetabix with milk & fresh fruit
<b>Lunch</b>	Tuna & sweetcorn pasta <b>or</b> Potato & leek soup	Mince & tatties <b>or</b> Cheesy tomato pasta	Creamy chicken risotto <b>or</b> Stuffed jacket potatoes	Beef burger with sweet potato fries <b>or</b> Macaroni cheese	Roast chicken dinner with Yorkshire puddings <b>or</b> Lentil & vegetable curry
<b>Pudding</b>	Waffle berry pudding	Yoghurts	Rice pudding	Bananas & custard	Cheesecake
<b>Afternoon Snack</b>	Warm, buttered pancakes & fresh fruit	Homemade tortilla chips with houmous & fresh fruit	Selection of cereals & fresh fruit	Toasted bagels with a selection of spread & fresh fruit	Waffles with maple syrup & fresh fruit



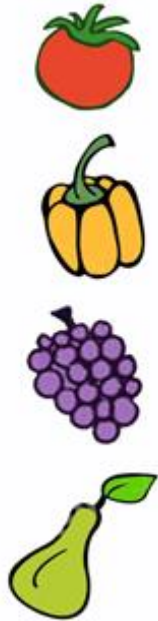
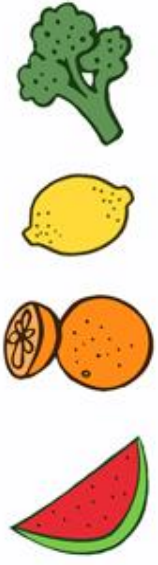
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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Crackers with cheddar cheese & fresh fruit	Homemade tortilla chips with houmous & fresh fruit	Warm, buttered pancakes & fresh fruit	Selection of cereals & fresh fruit	Breadsticks with a selection of dips & fresh fruit
<b>Lunch</b>	Sausage casserole with mashed potato <b>or</b> Cheese risotto	Fish pie <b>or</b> Minestrone soup with crusty rolls	Beef stroganoff <b>or</b> Vegetable frittatas	Fajita pasta <b>or</b> Butternut squash & chickpea tagine	Chicken enchiladas <b>or</b> Vegetarian casserole
<b>Pudding</b>	Eve's puddings	Fruit cocktail & natural yoghurt	Angel Delight	Bread & butter pudding	Yoghurts
<b>Afternoon Snack</b>	Yoghurts & fresh fruit	Egg sandwiches & fresh fruit	Oatcakes with soft cheese & fresh fruit	Rice cakes & fresh fruit	Fairy cakes & fresh fruit



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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Weetabix with milk, apples & grapes	Ham sandwiches, peaches & oranges	Yoghurts, pineapple & strawberries	Breadsticks with a selection of dips with melon & grapes	Oatcakes with a selection of spreads, oranges & peaches
<b>Lunch</b>	Salmon risotto <b>or</b> Homemade, mini cheese & pineapple pizzas	Chicken & sweetcorn pie <b>or</b> Cheesy tomato pasta bake	Chilli con carne with rice <b>or</b> Filled jacket potatoes	Chicken enchiladas <b>or</b> Vegetable omelette	Fish fingers with baked beans & mashed potato <b>or</b> Tomato & basil soup
<b>Pudding</b>	Yoghurts	Angel Delight	Chocolate fruit krispie	Banana & custard	Ice cream cone
<b>Afternoon Snack</b>	Toasted crumpets with a selection of spreads, bananas & strawberries	Toasted waffles, melon & pear	Selection of cereals with apples & bananas	Fruit scones, pears & oranges	Carrot & pineapple muffins with mixed fruit



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