

## Robsack Wood Nursery Tea Menu and Food Guide for Under 5's

<p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>• Selection of cereals (,Rice Crispies, Corn Flakes, Shreddies</li> <li>• Porridge upon request</li> <li>• A selection of fresh fruit</li> <li>• Bread products such as toast, bagels, crumpets, muffins</li> <li>• Margarine. Jam and marmite available on specific days</li> <li>• Milk and water are available to drink all day</li> </ul>	<p><b>Snack Bar</b></p> <ul style="list-style-type: none"> <li>• Carbohydrates such as muffins, tea cakes, crackers, breadsticks, rice cakes</li> <li>• Soft cheese, margarine, cubes of cheese, ham slices, dips</li> <li>• A selection of seasonal fruits and vegetables – <b>Parent donations are always welcome</b></li> <li>• Milk and water are available to drink all day</li> </ul>	<p style="text-align: center;"><b>Dietary Information:</b></p> <p><i>F</i> – Contains fish  <i>G</i> – Contains gluten  <i>D</i> – Contains dairy  <i>E</i> – Contains eggs  <i>GT</i> – Contains gelatine</p> <p style="font-size: small; color: blue;">Vegetarian and Vegan options available upon request  Menu may be altered subject to availability of ingredients or children's choice  All allergies catered for.</p>
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	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Tea	<p><b>Main:</b> A choice of ham or cheese sandwiches on white and brown bread.</p> <p><b>Side:</b> cucumber and carrot sticks <i>D,G</i></p>	<p><b>Main:</b> Jacket potato with a choice of tuna and sweetcorn or cheese and beans</p> <p><b>Side:</b> Cherry tomatoes and sweet red peppers <i>F, D</i></p>	<p><b>Main:</b> Pasta with a tomato and herb sauce, topped with grated cheese</p> <p><b>Side:</b> Roasted vegetables <i>G,D</i></p>	<p><b>Main:</b> Pizza pittas, with tomato, cheese and pineapple</p> <p><b>Side:</b> Roasted sweet potatoes <i>G,D</i></p>	<p><b>Main:</b> Wraps with a choice of fillings, tuna, turkey and cheese</p> <p><b>Side:</b> Cherry tomatoes and cucumber sticks <i>G,D,F</i></p>
Week 2 Tea	<p><b>Main:</b> Cheesy pasta bake topped with herbs and grated cheese <i>D,G</i></p> <p><b>Side:</b> broccoli and carrots</p>	<p><b>Main:</b> Savoury mini quiches with ham and cheese <i>D,E</i></p> <p><b>Side:</b> cucumber and celery</p>	<p><b>Main:</b> Pitta bread with a choice of fillings, ham cheese or turkey <i>D,G</i></p> <p><b>Side:</b> Mixed seasonal vegetables</p>	<p><b>Main:</b> A choice of brown or white toast with baked beans or scrambled eggs <i>D,G,E</i></p> <p><b>Side:</b> Mixed seasonal salad</p>	<p><b>Main:</b> Jacket potato with a choice of cheese and ham or tuna <i>D,F</i></p> <p><b>Side:</b> Peas and sweetcorn</p>
	<p><b>Dessert:</b> Yoghurt with Fresh fruit <i>D</i></p>	<p><b>Dessert:</b> Bananas and custard <i>D</i></p>	<p><b>Dessert:</b> Homemade low sugar fruity muffins <i>G</i></p>	<p><b>Dessert:</b> Rice pudding and fresh fruit <i>D</i></p>	<p><b>Dessert:</b> Fruit in jelly <i>GT</i></p>
	<p><b>Dessert:</b> Rice pudding with fresh fruit <i>D</i></p>	<p><b>Dessert:</b> Mixed berry medley with custard <i>D</i></p>	<p><b>Dessert:</b> : Banana flapjack <i>G</i></p>	<p><b>Dessert:</b> Yoghurt with fresh fruit <i>D</i></p>	<p><b>Dessert:</b> Fruit salad</p>