

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

Breakfast

- Selection of cereals (Rice Crispies, Corn Flakes, Shreddies)
- Porridge upon request
- A selection of fresh fruit
- Bread products such as toast, bagels, crumpets, muffins
- Margarine. Jam and marmite available on specific days
- Milk and water are available to drink all day

Snack Bar

- Carbohydrates such as muffins, tea cakes, crackers, breadsticks, rice cakes
- Soft cheese, margarine, cubes of cheese.
- A selection of seasonal fruits and vegetables – **Parent donations are always welcome**
- Milk and water are available to drink all day

Dietary Information:

- F* – Contains fish
- G* – Contains gluten
- D* – Contains dairy
- E* – Contains eggs
- GT* – Contains gelatine

Vegetarian and Vegan options available upon request
Menu may be altered subject to availability of ingredients or children's choice
All allergies catered for.

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Week 1</u> <u>Tea</u>	Main: Pasta with a tomato and herb sauce, topped with grated cheese Side: Cherry tomatoes and cucumber sticks <i>G.D.F</i>	Main: Wraps with a choice of fillings, tuna, turkey and cheese Side: Roasted vegetables <i>G,D</i>	Main: Jacket potato with a choice of tuna and sweetcorn or cheese and beans Side: Cucumber and sweet red peppers <i>F. D</i>	Main: Pizza pittas, with tomato, cheese and pineapple Side: Roasted sweet potatoes <i>G.D</i>	Main: A choice of ham or cheese sandwiches on white and brown bread. Side: cucumber and carrot sticks <i>D.G</i>
	Dessert: Yoghurt with Fresh fruit <i>D</i>	Dessert: Fruit and jelly <i>G</i>	Dessert: Homemade banana bread <i>G</i>	Dessert: Rice pudding and fresh fruit <i>D</i>	Dessert: Fruit salad
<u>Week 2</u> <u>Tea</u>	Main: Savoury mini quiches with ham and cheese <i>D,E</i> Side: cucumber and celery	Main: Cheesy pasta bake topped with herbs and grated cheese <i>D,G</i> Side: broccoli and carrots	Main: Pitta bread with a choice of fillings, ham cheese or turkey <i>D,G</i> Side: Mixed seasonal vegetables	Main: Jacket potato with a choice of cheese and ham or tuna <i>D,F</i> Side: Peas and sweetcorn	Main: A choice of brown or white toast with baked beans or scrambled eggs <i>D,G,E</i> Side: Mixed seasonal salad
	Dessert: Rice pudding with fresh fruit <i>D</i>	Dessert: Mixed berry medley with custard <i>D</i>	Dessert: Yoghurt with fresh fruit <i>D</i>	Dessert: Homemade flapjack <i>G</i>	Dessert: Bananas and custard <i>D</i>