** Magic Years Nursery Menu Spring/summer **

**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)** |
| Cheerio cereals & toast with white bread/ slice apple  Allergens: wheat, barley, milk | Cornflake cereal & toast with whole wheat bread/ easy peelers  Allergens: wheat, barley, milk | Rice crispies cereal & toast with whole grain bread/ slices plums  Allergens: wheat, barley, milk | Weetabix cereal & toast with white bread/slice apple  Allergens: wheat, barley, milk | Cheerio cereal & toast with wheat bread/slice oranges  Allergens: 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 pears  Whole milk/water | Crackers with soft cheese/butter  Whole 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)/radish  Banana slices and custard  Allergens: wheat, gluten, dairy, egg | Tuna Farfalle pasta (Whole grain) with salad(tomatoes,  iceberg,cucumbers)/  Rice pudding/melon  Vegetarian alternative: vegetable  (peppers,mushrooms,  onion,sweetcorn) pasta&boiled eggs  Allergens: wheat | Chicken couscous/broccoli  Apple crumble and custard  Vegetarian alternative:  Vegetable (peppers,  mushrooms,  onion, sweetcorn)kidney beans couscous  Allergens: wheat, gluten, dairy | Chicken rice (white) curry/carrots, cucumbers  Natural yoghurt and stewed fruit  Vegetarian alternative: chickpea rice curry with salad  (tomatoes,  iceberg,cucumbers)  Allergens: milk | Cod fish over lemon vegetable (onion,peas,  Sweetcorn,carrots) noodles  Jelly /sliced apples  Vegetarian alternative:  Vegetable burgers(soya) over noodles  Allergens: 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 cheese  Whole milk/water | Cucumbers/carrots and Humous dip  Whole milk/water | Greek yogurt and pitta bread  Whole milk/water | Apple/orange/banana/pear salad  Whole 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 salad  Fage yogurt  Allergens: milk, wheat, barley | Homemade pizza (mozzarella, tomato sauce, pitta bread/Quorn pieces)  oranges  Allergens: fish, wheat, barley | Variety of sandwiches (wholemeal bread tuna filler, soft cheese or humous)/carrot finger  strawberry  Allergens: fish, wheat, barley, milk | Tacos (tortilla, codfish/  vegetable fingers/cucumbers/  plain fromage yogurt  Allergens: fish | Lentil Soup(mushroom) with 50/50 bread  banana  Allergens: wheat, barley |
| Milk is provided for breakfast and snacks and fresh water provided throughout the day | | | | |

** Magic Years Nursery Menu **

**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)** |
| Cornflake cereals & toast with whole grain bread/ slice oranges  Allergens: wheat, barley, milk | Cheerio cereal & toast with white bread/ slice apple  Allergens: wheat, barley, milk | Weetabix cereal cereal & toast with wheat bread/ easy peelers  Allergens: wheat, barley, milk | Rice criespie & toast with wheat bread/ slices plums  Allergens: wheat, barley, milk | Cheerio cereal & toast with white bread/ slice apple  Allergens: 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 tomato  Whole milk/water | Carrot/peppers and cucumbers with dips(feta,avocado)  Milk/water | French bread/ butter/ orange slice  Milk/water | Rolls / cheddar /apple slice  Milk/water | Rice cakes /feta/banana  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)** |
| 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 sprot  Fromage frais  Vegetarian alternative:  Lentil curry rice(white) Brussel sprot  Allergens: wheat, gluten, dairy | Vegetable(sweetcorn,pees,green beans,carrots) tofu /rice(brown)  Banana slices and custard  Allergens: | Baked beans sausage hotpot /mash potato/ tomatoes  Banana slices/custard  Vegetarian alternative:  Quinoa burger(chickpea, feta, dried tomatoes, herbs)/mash potatoes/peppers/  Allergens: milk, soya | Grilled cod fish/rosemary roasted potatoes/side peas  Seasonal fruit salad(banana,pears,peach)  Vegetarian alternative:  Roasted potatoes with vegetable fingers and kidney beans/brussel sprot  Allergens: 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 /peppers  Milk/water | Cheese and tomatoes toasty  Milk/water | Crackers/peppers/cedar slice  Milk/water | Bread sticks with butter/plums  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)** |
| Couscous and chick pea / corn/  oranges  Allergens: wheat, barley | Roast chicken/quorn wrap with lettuce/cucumber/  Rice pudding  Allergens: wheat, barley | Fusilli pasta(white) salad (red beans, kidney beans, peppers) plain fromage yogurt  Allergens: wheat, barley | Sardines/pinto bean/white toast/tomatoes  Fage yogurt  Allergens: wheat, barley | Courgette/ tuna pasta(whole)  /vegan sausage /whole pasta/  strawberry  Allergens: 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 tomatoes  Allergens: wheat, barley, milk | Cornflake cereal & toast with whole wheat bread/ easy peelers  Allergens: wheat, barley, milk | Rice crispies cereal & toast with whole grain bread/ avocado  Allergens: wheat, barley, milk | Weetabix cereal & toast with white bread/slice apple  Allergens: wheat, barley, milk | Porridge & toast with wheat bread/celeries  Allergens: 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 potatoes  Fresh fruit melon & yogurt  Allergens: wheat, gluten, dairy, | Roast chicken/mashed potatoes/ gravy/mixed salad(beetroot,cucumbers)  Vegetarian alternative: vegan meatballs(beans,mushroom)mashed potatoes/gravy/mixed salad  Peach crumble/custard  Allergens: wheat | Whole Spagheti Bolognese /broccoli, brussel sproats  Vegetarian alternative:  Whole spaghetti bolognese(quorn) / broccoli, brussel sproats  Blended strawberry mousse(Greek yogurt)  Allergens: wheat, gluten, dairy | Lamb pasanda,spices, yougurt naan bread, cucumbers  Vegetarian alternative: cheese tomato quiche/sweet potatoes  (tomatoes,iceberg,cucumbers)  Natural yoghurt and stewed fruit  Allergens: dairy | Macherel fish/parsley sauce/boiled potatoes/sweetcorn  Vegetarian alternative:  Black bean stir fry noodle/iceberg,tomatoes  Rice pudding  Allergens: 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 tomatoes  Homemade apple crumble  Allergens: dairy, wheat | Cheese tomato quiche/wedge potatoes/peas  Plain fromage yogurt  Allergens: 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 yogurt  Allergens: dairy, wheat | Tomato soup/vegan meatballs/garlic bread  banana  Allergens: 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 plums  Allergens: wheat, barley, milk | Porridge & toast with white bread/ slice celeries  Allergens: wheat, barley, milk | Weetabix cereal cereal & toast with wheat bread/ avocado  Allergens: wheat, barley, milk | Cornflake & toast with wheat bread/ slices tomatoes  Allergens: wheat, barley, milk | Weetabix cereal & toast with white bread/ slice apple  Allergens: 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 penguin  Whole milk/water | Christmas tree -waffles tree/strawberry, blueberry/feta balls  Milk/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, lasagna  Yogurt/fresh fruit  Allergens: wheat, gluten, soya | Mild chili con carne/jacket potatoes/sweetcorn, broccoli  Vegetarian alternative:  Lentil sweet potato curry white rice/sweet corn, broccoli  Rice pudding  Allergens: wheat, gluten, dairy | Vegetarian alternative:  Five bean chili/50-50 rice/ green beans,carrots,cauliflower florets  Apple cobbler/custard  Allergens: milk, gluten | Chicken tikka masala curry/brown rice/tomatoes  Vegetarian alternative:  Chickpea curry/brown rice/tomatoes  Banana sponge/custard  Allergens: milk | Battered cod fillet/baked chips or couscous/peas  Vegetarian alternative:  Spanish Omelette /baked chips or couscous/peas  Rice pudding  Allergens: 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, sardines  Milk/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 batons  oranges  Allergens: wheat, barley | Baked beans/whole tortilla/tomatoes  Rice pudding  Allergens: wheat, barley | Homemade winter kidney beans broth/white crusty bread/carrot sticks  Homemade ginger bread  Allergens: wheat, barley | Tofu chickpea stir fry/ croutons /cucumber/ avocado  Melon  Allergens: wheat, barley | Lentil soup/mushroom/50-50 bread  Rice pudding  Allergens: wheat, barley,milk |
| Milk is provided for breakfast and snacks and fresh water provided throughout the day | | | | |