

Hythe Bay Children's Centre Nursery Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals with milk or water (contains wheat and milk)				
Morning Snack	Examples: fruit, salad, crudities, cheese, soft cheese, ham, breadsticks, crackers, with milk or water (contains wheat and milk)				
Lunch	Spaghetti & Quorn Bolognaise (contains wheat and milk)	Chicken Curry & Rice	Sausage, Mashed Potato & Peas (contains wheat)	Roast Chicken, Roast Potatoes and Vegetables with Gravy (contains wheat)	Vegetable Pasta in Tomato Sauce with Optional Tuna (contains fish, wheat, milk)
Dessert	Ice Cream (contains milk)	Banana & Custard (contains milk)	Homemade Cake (contains egg, milk, wheat)	No Added Sugar Mousse (contains milk)	Natural Yoghurt & Fruit (contains milk)
Afternoon Snack	Examples: fruit, salad, crudities, cheese, soft cheese, ham, breadsticks, crackers, with milk or water (contains milk, wheat)				
Light Tea	Toast with Spread, Jam, Marmite or Honey and Fruit (contains wheat)	Crumpets or Toast with Spread, Jam, Marmite or Honey and Fruit (contains wheat)	Sandwiches Selection with Crudities (contains wheat, milk, egg)	Soup with Bread (contains wheat)	Rolls Selection with Crudities (contains egg, wheat, milk)

*Please note, the food provided might differ to this menu in special circumstances, such as festivals and holidays, or our cook being off work

*Alternative meals may be provided for children with dietary requirements or allergies. Please speak to staff for more information.

Hythe Bay Children's Centre Nursery Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals with milk or water (contains milk, wheat)				
Morning Snack	Examples: fruit, salad, crudities, cheese, soft cheese, ham, breadsticks, crackers, with milk or water (contains wheat, milk)				
Lunch	Jacket Potato with Beans, Tuna & Cheese (contains egg, fish, milk)	Roast Chicken, Roast Potatoes and Vegetables with Gravy	Fish Fingers, Mashed Potato & Vegetables (contains egg, fish, wheat)	Chicken Pie & Vegetables (contains milk, wheat)	Macaroni Cheese & Vegetables (contains wheat, milk)
Dessert	Yoghurt (contains milk)	Natural Yoghurt & Fruit (contains milk)	Ice Cream (contains milk)	No Added Sugar Mousse (contains milk)	Sugar Free Jelly
Afternoon Snack	Examples: fruit, salad, crudities, cheese, soft cheese, ham, breadsticks, crackers, with milk or water (contains milk, wheat)				
Light Tea	Rolls Selection with Crudities (contains egg, milk, wheat)	Toast with Spread, Jam, Marmite or Honey with Fruit (contains wheat)	Soup with Bread (contains wheat)	Baked Beans on Toast (contains wheat)	Sandwich Selection with Crudities (contains milk, wheat, egg)

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Hythe Bay Children's Centre Nursery Menu

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals with milk or water (contains wheat, milk)				
Morning Snack	Examples: fruit, salad, crudities, cheese, soft cheese, ham, breadsticks, crackers, with milk or water (contains wheat, milk)				
Lunch	Spaghetti & Meatballs (contains milk, wheat)	Jacket Potato with Tuna, Cheese & Beans (contains milk, wheat, egg)	Vegetable Pasta in Tomato Sauce (contains wheat, milk)	Fish Fingers, Mashed Potato & Vegetables (contains fish, wheat, egg)	Roast Chicken, Roast Potatoes & Vegetables (contains wheat)
Dessert	Yoghurt (contains milk)	Cheesecake (contains wheat)	Ice Cream (contains milk)	Homemade Cake (contains egg, milk, wheat)	No Added Sugar Mousse (contains milk)
Afternoon Snack	Examples: fruit, salad, crudities, cheese, soft cheese, ham, breadsticks, crackers, with milk or water				
Light Tea	Beans on Toast (contains wheat)	Soup with Bread (contains wheat)	Toast with Spread, Jam, Marmite or Honey and Fruit (contains wheat)	Sandwiches Selection with Crudities (contains egg, wheat, milk)	Rolls Selection with Crudities (contains wheat, milk, egg)

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