

Twinkles Nursery Summer Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Diluted fruit juice or water Allergens: G DA SU	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Diluted fruit juice or water Allergens: G DA SU	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Diluted fruit juice or water Allergens: G DA SU	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Diluted fruit juice or water Allergens: G DA SU	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Diluted fruit juice or water Allergens: G DA SU
Morning Snack	Salad and vegetable sticks or fresh fruit Drink of milk Allergens: DA CE	Salad and vegetable sticks or fresh fruit Drink of milk Allergens: DA CE	Salad and vegetable sticks or fresh fruit Drink of milk Allergens: DA CE	Salad and vegetable sticks or fresh fruit Drink of milk Allergens: DA CE	Salad and vegetable sticks or fresh fruit Drink of milk Allergens: DA CE
Lunch	Gruffalo Crumble Leeks, carrots, peas, butter beans, tomatoes and new potatoes topped with breadcrumbs and baked until golden Served with garlic bread Peaches & ice cream Allergens: G SY DA SU LU	Savoury Haddock Hot Pot Haddock, peas, sweetcorn and carrots topped with sliced potato and baked until golden Served with a duo of seasonal vegetables Apple spice loaf Allergens: E F DA SU	Cottage Pie Lean minced beef and onion in homemade gravy topped with sliced potatoes and baked Served with a duo of seasonal vegetables Summer fruits and Greek yoghurt Allergens: SY DA SU LU	Chicken & Mushroom Pie Chicken, sliced mushrooms and onions in a white sauce topped with shortcrust pastry Served with a duo of seasonal vegetables Lemon cake Allergens: G E DA CE SU LU	Homemade Turkey Burgers Turkey mince, onion and spices made into patty and baked Served with seasonal potatoes and a duo of vegetables Strawberry yoghurt ice-cream Allergens: G E DA SU
Tea	Spaghetti Carbonara Diced ham and mushrooms in a creamy sauce served on a bed of spaghetti Selection of fresh seasonal fruit Allergens: G DA CE SU LU	Mexican Red Rice Diced chicken breast, onions, kidneys beans and rice in a homemade spicy tomato sauce Selection of fresh seasonal fruit Allergens: G SY CE SU LU	Traffic Light Pasta Diced mixed peppers, sweetcorn and peas in a tomato sauce served on a bed of pasta and topped with grated cheddar Selection of fresh seasonal fruit Allergens: G E SY DA SU LU	Cowboy Chilli Minced beef, onions, celery, peppers and kidney beans in a spicy tomato sauce Served with boiled rice Selection of fresh seasonal fruit Allergens: DA CE SU	Tuna Jackets Oven baked potatoes topped with tuna and sweetcorn Served with salad Selection of fresh seasonal fruit Allergens: F DA CE SU

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Diluted fruit juice or water Allergens: G DA SU	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Diluted fruit juice or water Allergens: G DA SU	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Diluted fruit juice or water Allergens: G DA SU	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Diluted fruit juice or water Allergens: G DA SU	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Diluted fruit juice or water Allergens: G DA SU
Morning Snack	Salad and vegetable sticks or fresh fruit Drink of milk Allergens: DA CE	Salad and vegetable sticks or fresh fruit Drink of milk Allergens: DA CE	Salad and vegetable sticks or fresh fruit Drink of milk Allergens: DA CE	Salad and vegetable sticks or fresh fruit Drink of milk Allergens: DA CE	Salad and vegetable sticks or fresh fruit Drink of milk Allergens: DA CE
Lunch	Tuscan Bean Stew Mixed beans, onions, garlic, and mushrooms in a tomato sauce Served with mashed potatoes Greek yoghurt with fruit compote Allergens: G SY DA CE SU	Lamb and Mint Casserole Diced lamb and onions cooked slowly until tender in a rich, minty homemade stock Served with baby potatoes and seasonal vegetables Banana bread Allergens: G SY DA CE SU	Seafood Macaroni A selection of fish, carrots and broccoli and macaroni in a homemade cheese sauce Served with a duo of seasonal vegetables Fruit salad and ice-cream Allergens: G F SY DA SU LU	Savoury Mince Lean minced beef, onions, carrots, celery, peas and sweetcorn Served with roast potatoes and a duo of seasonal vegetables Apple Bakewell Allergens: G E SY DA SU LU	Chicken and Leek Hot Pot Leeks, chicken, sliced potatoes, chicken stock and grated cheese baked in the oven Served with a duo of seasonal vegetables Carrot cake Allergens: G E SY DA SU
Tea	Chicken Paella Chicken, onions, peppers, peas, turmeric and paella rice cooked traditional style Selection of fresh seasonal fruit Allergens: G DA CE SU	Cauliflower & Broccoli Pasta Florets of cauliflower and broccoli in a creamy sauce served on a bed of pasta Selection of fresh seasonal fruit Allergens: G SY DA SU LU	Ham & Mushroom Risotto A selection of mushrooms, chunks of ham, celery, onions, sweet potato, carrots, peppers and Arborio risotto rice cooked slowly until tender Selection of fresh seasonal fruit Allergens: G SY CE SU	Assorted Sandwiches A choice of sandwiches with assorted fillings Served with a garden salad Selection of fresh seasonal fruit Allergens: G E F SY DA CE SU	Homemade Quiche Homemade quiche of the day Served with baked beans Selection of fresh seasonal fruit Allergens: G E SY DA SU LU

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Diluted fruit juice or water Allergens: G DA SU</p>	<p>Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Diluted fruit juice or water Allergens: G DA SU</p>	<p>Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Diluted fruit juice or water Allergens: G DA SU</p>	<p>Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Diluted fruit juice or water Allergens: G DA SU</p>	<p>Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Diluted fruit juice or water Allergens: G DA SU</p>
Morning Snack	<p>Salad and vegetable sticks or fresh fruit Drink of milk Allergens: DA CE</p>	<p>Salad and vegetable sticks or fresh fruit Drink of milk Allergens: DA CE</p>	<p>Salad and vegetable sticks or fresh fruit Drink of milk Allergens: DA CE</p>	<p>Salad and vegetable sticks or fresh fruit Drink of milk Allergens: DA CE</p>	<p>Salad and vegetable sticks or fresh fruit Drink of milk Allergens: DA CE</p>
Lunch	<p>Vegetable Lasagne A selection of seasonal vegetables in a tomato sauce, layered with pasta a homemade béchamel sauce Served with garlic bread Apricots with ice-cream Allergens: G E SY DA CE SU LU</p>	<p>Chicken Casserole Diced chicken, onions and mushrooms in a rich homemade stock Served with seasonal potatoes and a duo of vegetables Jam and coconut cake Allergens: G E SY DA CE SU</p>	<p>Shepherd's Pie Lean minced lamb and onion in homemade gravy topped with mashed potatoes Served with a duo of seasonal vegetables Summer fruits and Greek yoghurt Allergens: G SY DA CE SU</p>	<p>Cheesy Salmon Bake Salmon, broccoli and diced peppers in a tomato sauce topped with sliced sweet potatoes and baked until golden Served with a duo of seasonal vegetables Pear and ginger loaf Allergens: G E F SY DA SU</p>	<p>Greek Moussaka Minced lamb, onions, garlic, oregano and chopped tomatoes layered with aubergine and tomatoes and topped with a white sauce Served with a duo of seasonal vegetables Lemon tart Allergens: G E SY DA CE SU LU</p>
Tea	<p>Bangers & Mash Lean butchers sausages Served with creamy mashed potatoes and baked beans Selection of fresh seasonal fruit Allergens: G SY DA SU</p>	<p>Vegetable Jambalaya Green pepper, celery, onion, garlic, tomatoes, chilli and herbs cooked with boiled rice Selection of fresh seasonal fruit Allergens: G SY CE SU</p>	<p>Cheese, Ham & Tomato Pasta Peppers, onions, ham & pasta in a homemade cheese sauce Selection of fresh seasonal fruit Allergens: G E SY DA SU LU</p>	<p>Chicken Curry Chicken, onions, red pepper, coriander and spices Served with boiled rice Selection of fresh seasonal fruit Allergens: G SY CE SU</p>	<p>Assorted Wraps A choice of wraps with assorted fillings Served with garden salad Selection of fresh seasonal fruit Allergens: G E F SY DA CE SU LU</p>

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Diluted fruit juice or water Allergens: G DA SU</p>	<p>Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Diluted fruit juice or water Allergens: G DA SU</p>	<p>Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Diluted fruit juice or water Allergens: G DA SU</p>	<p>Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Diluted fruit juice or water Allergens: G DA SU</p>	<p>Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Diluted fruit juice or water Allergens: G DA SU</p>
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Lunch	<p>Leek & Potato Pie Leeks, sliced potatoes and grated cheddar encased in homemade short crust pastry Served with sliced green beans Greek yoghurt with fruit puree Allergens: G SY DA SU LU</p>	<p>Italian Beef Cobbler Mince beef, onions, carrots, celery and swede topped with cheese scones and baked until golden Served with potatoes and a duo of seasonal vegetables Bakewell tart Allergens: G E F SY DA CE SU</p>	<p>Chicken & Vegetable Crumble Chicken, onions, peas, sweetcorn and diced peppers in a creamy sauce with a savoury crumble topping Served with a duo of vegetables Melon cocktail Allergens: G E SY DA CE SU LU</p>	<p>Sausage Casserole Butchers sausages, leeks, beans, onions and carrots served with potatoes and a duo of seasonal Apple crumble and ice-cream Allergens: G SY DA SU</p>	<p>Salmon & Leek Burger Flaked salmon, finely chopped leeks and mashed potato formed into patties and cooked in the oven Served with a duo of seasonal vegetables Malt loaf Allergens: G E F SY DA SU</p>
Tea	<p>Picnic Platter A selection of cold meats, hard boiled eggs and garden salad Selection of fresh seasonal fruit Allergens: G E SY DA CE SU</p>	<p>Pea & Ham Risotto Chunks of tender ham, celery, onions, peas and Arborio risotto rice cooked slowly in ham stock until tender Selection of fresh seasonal fruit Allergens: G SY CE SU</p>	<p>Assorted Sandwiches A choice of sandwiches with assorted fillings Served with a garden salad Selection of fresh seasonal fruit Allergens: G E F SY DA CE SU LU</p>	<p>Spaghetti Bolognese Lean minced beef, garlic onions, celery, peppers, mushrooms and tomatoes served on a bed of spaghetti Selection of fresh seasonal fruit Allergens: G SY DA SU LU</p>	<p>Chicken Biryani Diced chicken, onion, garlic, ginger, chilli, celery, peas and basmati rice cooked together until tender Served with homemade raita Selection of fresh seasonal fruit Allergens: G SY DA SU</p>