

# Twinkles Nursery Summer Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<p>Selection of cereals Wholemeal toast and spreads Natural yoghurt &amp; fresh fruit Diluted fruit juice or water <b>Allergens: G DA SU</b></p>	<p>Selection of cereals Wholemeal toast and spreads Natural yoghurt &amp; fresh fruit Diluted fruit juice or water <b>Allergens: G DA SU</b></p>	<p>Selection of cereals Wholemeal toast and spreads Natural yoghurt &amp; fresh fruit Diluted fruit juice or water <b>Allergens: G DA SU</b></p>	<p>Selection of cereals Wholemeal toast and spreads Natural yoghurt &amp; fresh fruit Diluted fruit juice or water <b>Allergens: G DA SU</b></p>	<p>Selection of cereals Wholemeal toast and spreads Natural yoghurt &amp; fresh fruit Diluted fruit juice or water <b>Allergens: G DA SU</b></p>
<b>Morning Snack</b>	<p>Fruit or salad sticks Milk or water <b>Allergens: DA CE</b></p>	<p>Fruit or salad sticks Milk or water <b>Allergens: DA CE</b></p>	<p>Fruit or salad sticks Milk or water <b>Allergens: DA CE</b></p>	<p>Fruit or salad sticks Milk or water <b>Allergens: DA CE</b></p>	<p>Fruit or salad sticks Milk or water <b>Allergens: DA CE</b></p>
<b>Lunch</b>	<p><b>Seafood Macaroni</b> A selection of fish, carrots, broccoli and macaroni in a homemade cheese sauce Served with a duo of seasonal vegetables  Peaches and ice-cream <b>Allergens: G F SY DA LU</b></p>	<p><b>Cottage Pie</b> Lean minced beef and onion in homemade gravy topped with sliced potatoes and baked Served with a duo of seasonal vegetables  Bananas and coconut custard <b>Allergens: G E SY DA LU</b></p>	<p><b>Pork &amp; Apple</b> Diced pork, apples and parsnips cooked slowly until tender Served with crusty bread  Fruit scone with jam <b>Allergens: G E SY DA SU LU</b></p>	<p><b>Perfect Pizza</b> Homemade pizza bases with a tomato sauce, assorted topping and grated mozzarella Served with green salad and cherry tomatoes  Fruit sticks with Greek yoghurt dip <b>Allergens: G F SY DA CE LU</b></p>	<p><b>Toad in the Hole</b> Sausages cooked in a homemade batter Served with seasonal potatoes, spring cabbage and onion gravy  Spiced Apple Cake <b>Allergens: G E SY DA SU LU</b></p>
<b>Tea</b>	<p><b>Beanie Jackets</b> Oven baked jacket potatoes topped with cheesy baked beans  Selection of fresh seasonal fruit <b>Allergens: G SY DA SU</b></p>	<p><b>Chicken Pittas</b> Cooked chicken in pitta bread* Served with a selection of salads  Selection of fresh seasonal fruit <b>Allergens: G SY DA CE SU LU</b></p>	<p><b>Salmon Pasta</b> Flaked salmon, florets of broccoli and penne pasta in a white sauce  Selection of fresh seasonal fruit <b>Allergens: G F SY DA LU</b></p>	<p><b>Turkey Lasagne</b> Turkey mince in homemade tomato and vegetable sauce, layered with white sauce and sheets of lasagne  Selection of fresh seasonal fruit <b>Allergens: G E SY DA CE LU</b></p>	<p><b>Picnic Platter</b> A selection of traditional picnic foods from around the world* (please ask for today's choice as this will change each week!)  Selection of fresh seasonal fruit <b>Allergens: G E F SY DA CE SU LU</b></p>

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# Twinkles Nursery Summer Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<p>Selection of cereals Wholemeal toast and spreads Natural yoghurt &amp; fresh fruit Diluted fruit juice or water</p> <p><b>Allergens: G DA SU</b></p>	<p>Selection of cereals Wholemeal toast and spreads Natural yoghurt &amp; fresh fruit Diluted fruit juice or water</p> <p><b>Allergens: G DA SU</b></p>	<p>Selection of cereals Wholemeal toast and spreads Natural yoghurt &amp; fresh fruit Diluted fruit juice or water</p> <p><b>Allergens: G DA SU</b></p>	<p>Selection of cereals Wholemeal toast and spreads Natural yoghurt &amp; fresh fruit Diluted fruit juice or water</p> <p><b>Allergens: G DA SU</b></p>	<p>Selection of cereals Wholemeal toast and spreads Natural yoghurt &amp; fresh fruit Diluted fruit juice or water</p> <p><b>Allergens: G DA SU</b></p>
<b>Morning Snack</b>	<p>Fruit or salad sticks Milk or water</p> <p><b>Allergens: DA CE</b></p>	<p>Fruit or salad sticks Milk or Water</p> <p><b>Allergens: DA CE</b></p>	<p>Fruit or salad sticks Milk or Water</p> <p><b>Allergens: DA CE</b></p>	<p>Fruit or salad sticks Milk or water</p> <p><b>Allergens: DA CE</b></p>	<p>Fruit or salad sticks Milk or water</p> <p><b>Allergens: DA CE</b></p>
<b>Lunch</b>	<p><b>Sausage Pie</b> Homemade sausage meat pie Served with minted potatoes and peas</p> <p>Melon boats</p> <p><b>Allergens: G SY DA CE SU LU</b></p>	<p><b>Tuna Scallops</b> Thick slices of potato, topped with a tomato tuna sauce and grated cheese and baked in the oven Served with seaweed cabbage and Sweetcorn</p> <p>Orange Drizzle Cake</p> <p><b>Allergens: G E F SY DA CE LU</b></p>	<p><b>Lamb Moussaka</b> Lamb, onions, celery and peppers in a tomato sauce, layered with potatoes, aubergine and béchamel sauce Served with garlic bread and Greek salad</p> <p>Summer fruits and Greek yoghurt</p> <p><b>Allergens: G SY DA CE SU LU</b></p>	<p><b>Ham &amp; Leek Bake</b> Leeks, ham, mushrooms and potatoes layered together and cooked until golden Served with carrots and broccoli</p> <p>Homemade jam tarts</p> <p><b>Allergens: G SY DA SU LU</b></p>	<p><b>Chicken Supreme</b> Chicken breast, mushrooms and onions in a creamy sauce Served with boiled rice</p> <p>Lemon jelly and ice-cream</p> <p><b>Allergens: G F SY DA SU LU</b></p>
<b>Tea</b>	<p><b>Rainbow Pasta</b> Diced mixed peppers, sweetcorn and peas in a tomato sauce Served on a bed of pasta and topped with grated cheddar</p> <p>Selection of fresh seasonal fruit</p> <p><b>Allergens: G E F SY DA CE SU LU</b></p>	<p><b>Ploughman's Platter</b> Crusty bread, ham, cheese, cucumber, hard boiled eggs, pickle, salad sticks and cherry tomatoes*</p> <p>Selection of fresh seasonal fruit</p> <p><b>Allergens: G E SY DA CE SU LU</b></p>	<p><b>Spaghetti Carbonara</b> Diced ham and mushrooms in a creamy sauce Served on a bed of spaghetti</p> <p>Selection of fresh seasonal fruit</p> <p><b>Allergens: G SY DA LU</b></p>	<p><b>Fish Cakes</b> Homemade fish cakes served with baked beans and brown bread and butter</p> <p>Selection of fresh seasonal fruit</p> <p><b>Allergens: G E F SY DA LU</b></p>	<p><b>Burger in a Bun</b> Homemade burger in a bun, topped with cheese and served with salad</p> <p>Selection of fresh seasonal fruit</p> <p><b>Allergens: G SY DA CE SU LU</b></p>

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# Twinkles Nursery Summer Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals Wholemeal toast and spreads Natural yoghurt & fresh fruit Diluted fruit juice or water <b>Allergens: G DA SU</b>	Selection of cereals Wholemeal toast and spreads Natural yoghurt & fresh fruit Diluted fruit juice or water <b>Allergens: G DA SU</b>	Selection of cereals Wholemeal toast and spreads Natural yoghurt & fresh fruit Diluted fruit juice or water <b>Allergens: G DA SU</b>	Selection of cereals Wholemeal toast and spreads Natural yoghurt & fresh fruit Diluted fruit juice or water <b>Allergens: G DA SU</b>	Selection of cereals Wholemeal toast and spreads Natural yoghurt & fresh fruit Diluted fruit juice or water <b>Allergens: G DA SU</b>
<b>Morning Snack</b>	Fruit or salad sticks Milk or water <b>Allergens: DA CE</b>	Fruit or salad sticks Milk or water <b>Allergens: DA CE</b>	Fruit or salad sticks Milk or water <b>Allergens: DA CE</b>	Fruit or salad sticks Milk or water <b>Allergens: DA CE</b>	Fruit or salad sticks Milk or water <b>Allergens: DA CE</b>
<b>Lunch</b>	<b>Cheesie Leek Bake</b> Leeks, potatoes and cheese layered together and baked until golden Serve with green beans and sweetcorn  Strawberries and Greek yoghurt <b>Allergens: SY DA SU LU</b>	<b>Chicken Stroganoff</b> Diced chicken, mushrooms and peppers in a creamy sauce Served with lemon rice  Bakewell tart <b>Allergens: G E F SY DA SU LU</b>	<b>Pirates Catch</b> Catch of the day in white sauce, topped with mashed potato Served with broccoli and cauliflower and carrot coins  Apple and sultana crumble and ice-cream <b>Allergens: G F SY DA SU LU</b>	<b>Spaghetti Bolognese</b> Lean minced beef, garlic onions, celery, peppers, mushrooms and tomatoes Served on a bed of spaghetti  Medley of mixed melon <b>Allergens: G SY DA CE SU LU</b>	<b>Quiche of the Day</b> Homemade quiche of the day Served with baked beans  Lemon mousse <b>Allergens: G E SY DA SU LU</b>
<b>Tea</b>	<b>Meatballs</b> Homemade turkey meatballs in a tasty tomato sauce Served on a bed of noodles  Selection of fresh seasonal fruit <b>Allergens: G E SY DA CE LU</b>	<b>Pesto Pasta</b> Fusilli pasta in a homemade pesto sauce  Selection of fresh seasonal fruit <b>Allergens: G SY DA SU LU</b>	<b>Sandwiches</b> A selection of sandwiches* Served with crudité's and dips  Selection of fresh seasonal fruit <b>Allergens: G E F SY DA CE SU LU</b>	<b>Chicken Burger</b> Homemade chicken burger in a soft bread roll Served with salad  Selection of fresh seasonal fruit <b>Allergens: G SY DA CE LU</b>	<b>Salmon Boats</b> Jacket potatoes filled with salmon and cream cheese Served with salad sticks and cherry tomatoes  Selection of fresh seasonal fruit <b>Allergens: E F SY DA CE SU LU</b>

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals Wholemeal toast and spreads Natural yoghurt & fresh fruit Diluted fruit juice or water <b>Allergens: G DA SU</b>	Selection of cereals Wholemeal toast and spreads Natural yoghurt & fresh fruit Diluted fruit juice or water <b>Allergens: G DA SU</b>	Selection of cereals Wholemeal toast and spreads Natural yoghurt & fresh fruit Diluted fruit juice or water <b>Allergens: G DA SU</b>	Selection of cereals Wholemeal toast and spreads Natural yoghurt & fresh fruit Diluted fruit juice or water <b>Allergens: G DA SU</b>	Selection of cereals Wholemeal toast and spreads Natural yoghurt & fresh fruit Diluted fruit juice or water <b>Allergens: G DA SU</b>
<b>Morning Snack</b>	Fruit or salad sticks Milk or water <b>Allergens: DA CE</b>	Fruit or salad sticks Milk or water <b>Allergens: DA CE</b>	Fruit or salad sticks Milk or water <b>Allergens: DA CE</b>	Fruit or salad sticks Milk or water <b>Allergens: DA CE</b>	Fruit or salad sticks Milk or water <b>Allergens: DA CE</b>
<b>Lunch</b>	<b>Cowboy Surprise</b> Sausages, baked beans and finely diced vegetables topped with mashed potato Served with crusty bread  Fresh pineapple slice <b>Allergens: G E SY DA CE LU</b>	<b>Ham &amp; Mushroom Pie</b> Diced ham, sliced mushrooms and onions in a white sauce topped with short crust pastry Served with crazy mash and carrots  Jam and coconut squares <b>Allergens: G E SY DA SU LU</b>	<b>Chilli Con Carne</b> Minced beef, onions, celery, peppers and kidney beans in a spicy tomato sauce Served with boiled rice  Jelly and ice-cream <b>Allergens: G SY DA CE SU LU</b>	<b>Buried Treasure</b> Catch of the day in a white sauce topped with sweet potato mash Served with diced swede and green beans  Banana Cake <b>Allergens: G E F SY DA CE LU</b>	<b>Minted Lamb</b> Diced lamb and onions cooked slowly until tender in a rich, minty homemade stock Served with baby potatoes and seasonal vegetables  Summer fruit and Greek yoghurt <b>Allergens: G SY DA SU LU</b>
<b>Tea</b>	<b>Caribbean Chicken</b> Chicken, onions, peppers in a homemade tomato sauce Served on a bed of fruity cous cous  Selection of fresh seasonal fruit <b>Allergens: SY DA CE SU LU</b>	<b>Tuna Jackets</b> Oven baked potatoes topped with tuna and sweetcorn mayo Served with homemade coleslaw  Selection of fresh seasonal fruit <b>Allergens: F SY DA CE SU LU</b>	<b>Super Salad</b> Cheese cubes, oven roasted ham and hard boiled free range eggs * Served with garden salad  Selection of fresh seasonal fruit <b>Allergens: E SY DA CE SU LU</b>	<b>Cheesy Peasy Pasta</b> Farfalle pasta and garden peas in homemade cheese sauce  Selection of fresh seasonal fruit <b>Allergens: G SY DA LU</b>	<b>Wraps</b> A selection of wraps with a choice of fillings* Served with salad sticks  Selection of fresh seasonal fruit <b>Allergens: G E F SY DA CE SU LU</b>

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