

Twinkles Nursery Summer Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Selection of cereals Wholemeal toast and spreads Natural yoghurt & fresh fruit Diluted fruit juice or water Allergens: G DA SU</p>	<p>Selection of cereals Wholemeal toast and spreads Natural yoghurt & fresh fruit Diluted fruit juice or water Allergens: G DA SU</p>	<p>Selection of cereals Wholemeal toast and spreads Natural yoghurt & fresh fruit Diluted fruit juice or water Allergens: G DA SU</p>	<p>Selection of cereals Wholemeal toast and spreads Natural yoghurt & fresh fruit Diluted fruit juice or water Allergens: G DA SU</p>	<p>Selection of cereals Wholemeal toast and spreads Natural yoghurt & fresh fruit Diluted fruit juice or water Allergens: G DA SU</p>
Morning Snack	<p>Fruit or salad sticks Milk or water Allergens: DA CE</p>	<p>Fruit or salad sticks Milk or water Allergens: DA CE</p>	<p>Fruit or salad sticks Milk or water Allergens: DA CE</p>	<p>Fruit or salad sticks Milk or water Allergens: DA CE</p>	<p>Fruit or salad sticks Milk or water Allergens: DA CE</p>
Lunch	<p>Seafood Macaroni A selection of fish, carrots, broccoli and macaroni in a homemade cheese sauce Served with a duo of seasonal vegetables Peaches and ice-cream Allergens: G F SY DA LU</p>	<p>Cottage Pie 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 Allergens: G E SY DA LU</p>	<p>Pork & Apple Diced pork, apples and parsnips cooked slowly until tender Served with crusty bread Fruit scone with jam Allergens: G E SY DA SU LU</p>	<p>Perfect Pizza 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 Allergens: G F SY DA CE LU</p>	<p>Toad in the Hole Sausages cooked in a homemade batter Served with seasonal potatoes, spring cabbage and onion gravy Spiced Apple Cake Allergens: G E SY DA SU LU</p>
Tea	<p>Beanie Jackets Oven baked jacket potatoes topped with cheesy baked beans Selection of fresh seasonal fruit Allergens: G SY DA SU</p>	<p>Chicken Pittas Cooked chicken in pitta bread* Served with a selection of salads Selection of fresh seasonal fruit Allergens: G SY DA CE SU LU</p>	<p>Salmon Pasta Flaked salmon, florets of broccoli and penne pasta in a white sauce Selection of fresh seasonal fruit Allergens: G F SY DA LU</p>	<p>Turkey Lasagne Turkey mince in homemade tomato and vegetable sauce, layered with white sauce and sheets of lasagne Selection of fresh seasonal fruit Allergens: G E SY DA CE LU</p>	<p>Picnic Platter 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 Allergens: G E F SY DA CE SU LU</p>

Allergen Information: G - Gluten SF - Shellfish E - Egg F - Fish N - Nuts SY - Soya DA - Dairy CE - Celery M - Mustard SE - Sesame SU - Sulphites LU - Lupin

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

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
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Lunch	Cheesie Leek Bake Leeks, potatoes and cheese layered together and baked until golden Serve with green beans and sweetcorn Strawberries and Greek yoghurt Allergens: SY DA SU LU	Chicken Stroganoff Diced chicken, mushrooms and peppers in a creamy sauce Served with lemon rice Bakewell tart Allergens: G E F SY DA SU LU	Pirates Catch 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 Allergens: G F SY DA SU LU	Spaghetti Bolognese Lean minced beef, garlic onions, celery, peppers, mushrooms and tomatoes Served on a bed of spaghetti Medley of mixed melon Allergens: G SY DA CE SU LU	Quiche of the Day Homemade quiche of the day Served with baked beans Lemon mousse Allergens: G E SY DA SU LU
Tea	Meatballs Homemade turkey meatballs in a tasty tomato sauce Served on a bed of noodles Selection of fresh seasonal fruit Allergens: G E SY DA CE LU	Pesto Pasta Fusilli pasta in a homemade pesto sauce Selection of fresh seasonal fruit Allergens: G SY DA SU LU	Sandwiches A selection of sandwiches* Served with crudité's and dips Selection of fresh seasonal fruit Allergens: G E F SY DA CE SU LU	Chicken Burger Homemade chicken burger in a soft bread roll Served with salad Selection of fresh seasonal fruit Allergens: G SY DA CE LU	Salmon Boats Jacket potatoes filled with salmon and cream cheese Served with salad sticks and cherry tomatoes Selection of fresh seasonal fruit Allergens: E F SY DA CE SU LU

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

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