

Twinkles Nursery Winter Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY</p>	<p>Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY</p>	<p>Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY</p>	<p>Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY</p>	<p>Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY</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>Leek & Potato Bake Leeks, onions, garlic, mushrooms and potatoes layered together with a creamy sauce and topped with cheesy breadcrumbs Served with garden peas Selection of fresh seasonal fruit Allergens: G SY DA LU SU</p>	<p>Turkey Cobbler Turkey mince, onions and mushrooms topped with a savoury scone topping Served with seasonal vegetables Selection of fresh seasonal fruit Allergens: G E SY DA CE LU</p>	<p>Seafood Macaroni A selection of fish, carrots, broccoli and macaroni in a homemade cheese sauce Served with garlic bread Selection of fresh seasonal fruit Allergens: G E F SY DA SE LU</p>	<p>Chicken Hot Pot Diced chicken, onion, celery and carrots cooked in a rich stock and topped with sliced potatoes Served with a duo of seasonal vegetables Selection of fresh seasonal fruit Allergens: CE SU</p>	<p>Spiced Lamb Lamb mince, onions, potatoes, tomatoes, garlic and oregano cooked slowly in the oven Served with a duo of vegetables Selection of fresh seasonal fruit Allergens: G SU</p>
Tea	<p>Pasta of the Day Please ask in nursery for the Chefs pasta dish of the day Served with salad garnish Fruit and Ice cream Allergens: G E F SY DA CE SU LU</p>	<p>Tomato Soup Homemade tomato soup Served with cheese or ham bread rolls Home baking Allergens: G E SY DA CE SU LU</p>	<p>Sausage Casserole Sausages, onions and mushrooms in a spicy tomato sauce Served with couscous Seasonal fruit and Greek yoghurt Allergens: G E CE M SU LU</p>	<p>Stuffed Jackets Oven baked jacket potatoes Served with a selection of toppings and salad sticks Rice pudding Allergens: CE G DA E SU LU</p>	<p>Savoury Snails *Puff pastry swirls with a choice of fillings Served with baked beans Home baking Allergens: G E F SY DA LU</p>

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY</p>	<p>Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY</p>	<p>Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY</p>	<p>Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY</p>	<p>Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY</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>Turkey & Vegetable Supreme Turkey breast, mushrooms, celery and onions in a creamy sauce Served with rice and peas Selection of fresh seasonal fruit Allergens: DA CE G SY SU 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 Selection of fresh seasonal fruit Allergens: G DA SU LU</p>	<p>Chicken Casserole Diced chicken, onions, celery, swede and carrots cooked slowly in a rich stock Served with Yorkshire puddings Selection of fresh seasonal fruit Allergens: G DA CE SU LU</p>	<p>Hungarian Goulash Minced lamb, onions, celery, carrots, green pepper, tomatoes and paprika cooked gently in the oven Served with potato of the day and a duo of seasonal vegetables Selection of fresh seasonal fruit Allergens: DA CE SU LU</p>	<p>Bangers & Mash Pork sausages, creamy mashed potatoes and onion gravy Served with a duo of seasonal vegetables Selection of fresh seasonal fruit Allergens: G DA SU LU</p>
Tea	<p>Soup of the day Homemade soup of the day Served with warm crusty bread Greek yoghurt with fruit compote Allergens: G SY DA CE SU LU</p>	<p>Beanie Baked Spuds Oven baked potatoes topped with baked beans and grated cheddar cheese or tuna sweetcorn mayo Lemon drizzle cake Allergens: G E F SY DA CE SU LU</p>	<p>Cheesy Peasy Pasta Farfalle pasta, sweetcorn and garden peas in creamy cheese sauce Served with garlic bread Fresh fruit, jelly and ice-cream Allergens: G SY DA LU</p>	<p>Vegetable Korma Chef's choice of vegetables in a creamy coconut sauce Served with boiled rice and naan bread Homemade brownies Allergens: G DA CE SU LU</p>	<p>Spaghetti Bolognese Minced beef and onions in tomato sauce with hidden vegetables Served on a bed of spaghetti Home baking Allergens: G E DA CE LU</p>

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
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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 Lasagna A selection of seasonal vegetables in a tomato sauce, layered with pasta in a homemade béchamel sauce Served with garlic bread Selection of fresh seasonal fruit Allergens: G DA CE SU LU</p>	<p>Lamb Hot Pot Minced lamb, onion, celery and swede cooked in a rich stock and topped with sliced potatoes Served with green beans Selection of fresh seasonal fruit Allergens: G DA CE SU LU</p>	<p>Sweet & Sour Chicken Diced chicken and onions in a sweet and sour sauce Served with noodles Selection of fresh seasonal fruit Allergens: G E SU LU</p>	<p>Leek and Haddock Pie Sliced leeks and flaked haddock in a creamy sauce topped with puff pastry Served with a duo of seasonal vegetables Selection of fresh seasonal fruit Allergens: G DA F</p>	<p>Chilli Con Carne Minced beef, onions, celery, peppers and kidney beans in a spicy tomato sauce Served with boiled rice Homemade cookies Allergens: G E SY DA CE SU LU</p>
Tea	<p>Stuffed Jackets Oven baked jacket potatoes Served with a selection of toppings and salad sticks Fruit with ice-cream Allergens: G SU LU</p>	<p>Moroccan Chicken Chicken breast, butternut squash, onion and garlic in a spicy sauce made with ginger, spices and tomatoes Served with couscous Greek yoghurt and fruit puree Allergens: G DA CE SU LU</p>	<p>Risotto of the Day Please ask at nursery for the Chef's Risotto choice for today Served with a side of Spring vegetables Chocolate and beetroot cake Allergens: G E F SY DA CE SU LU</p>	<p>Soup of the day Homemade soup of the day Served with warm crusty bread and butter Homemade cookies Allergens: G E SY DA CE SU LU</p>	<p>*Hot Dogs & Wedges Oven cooked sausages in a finger roll Served with homemade wedges and salad sticks Fresh Fruit Allergens: G SY DA CE</p>

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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>Winter Macaroni Bake Macaroni and root vegetables with a cheesy sauce baked until golden Served with a duo of seasonal vegetables Selection of fresh seasonal fruit Allergens: G E DA CE</p>	<p>Fish Pie Smoked haddock, onions, garlic, celery and cauliflower topped with sweet potato mash Served with a duo of seasonal vegetables Selection of fresh seasonal fruit Allergens: G DA CE F</p>	<p>Chicken & Potato Bake Diced chicken, mushrooms, onion, sliced potatoes and parsnip layered in a creamy sauce and baked until golden Served with a duo of vegetables Selection of fresh seasonal fruit Allergens: G DA</p>	<p>Minced Beef Stew Minced beef, onions, celery and swede cooked in a rich stock and topped with herby dumplings Served with a duo of seasonal vegetables Selection of fresh seasonal fruit Allergens: : G CE SU LU</p>	<p>Chicken Casserole Diced chicken, onion, garlic, peas, carrots and celery Served with Yorkshire puddings Selection of fresh seasonal fruit Allergens: G E DA CE LU</p>
Tea	<p>Sausage Surprise Homemade sausage pie Served with potato of the day and seasonal vegetables Yoghurt with fruit Allergens: G E DA CE LU</p>	<p>Around the World in 80 Days Each week your nursery Chef will be trying out a different dish from around the world to allow the children to explore new tastes Fruit Mousse Allergens: G E F SY DA CE M SE SU LU</p>	<p>Soup of the day Homemade soup of the day Served with warm crusty bread and butter Home baking Allergens: G E SY DA CE SU LU</p>	<p>Seaside Pasta Tuna, onion, garlic, cannellini beans and pasta shells in a tomato sauce Served with grated cheese Semolina Allergens: G F SY DA SU LU</p>	<p>Pork & Leek Patties Lean minced pork, finely chopped leeks and mashed potato formed into patties and cooked in the oven Served with a duo of seasonal vegetables Homemade cookies Allergens: G E SY DA SU LU</p>

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