

Twinkles Nursery Summer Menu

Week 1	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
Morning Snack	Fruit or salad sticks Milk or water Allergens: DA CE	Fruit or salad sticks Milk or water Allergens: DA CE	Fruit or salad sticks Milk or water Allergens: DA CE	Fruit or salad sticks Milk or water Allergens: DA CE	Fruit or salad sticks Milk or water Allergens: DA CE
Lunch	Seafood Macaroni A selection of fish and macaroni in a homemade cheese sauce Served with a duo of seasonal vegetables Peaches and ice-cream Allergens: G 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 Bananas and coconut custard Allergens: G DA CE SU	Minted Lamb 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	Turkey Lasagne Turkey mince in homemade tomato and vegetable sauce, layered with white sauce and sheets of lasagne Healthy home baking Allergens: G E SY DA CE SE SU	Sweet Potato & Chickpea Curry Sweet potato, chickpeas and spinach in a coconut curry sauce Served with brown rice & cucumber raita Carrot cake Allergens: G SY DA CE SE SU
Tea	Topped Jackets Jacket potatoes served with a choice of toppings Served with salad sticks and cherry tomatoes Selection of fresh seasonal fruit Allergens: E F SY DA CE SU LU	Fish Paella White Fish, onions, celery, peppers, peas, turmeric and paella rice cooked traditional style Selection of fresh seasonal fruit Allergens: G E F CE SU	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 SY E DA CE SU LU	Pastries of the Day Chef's choice of filled homemade pastries Served with baked beans Selection of fresh seasonal fruit Allergens: G E SY DA SU LU	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 SF E F N SY DA CE M SE SU LU

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	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
Morning Snack	Fruit or salad sticks Milk or water Allergens: DA CE	Fruit or salad sticks Milk or Water Allergens: DA CE	Fruit or salad sticks Milk or Water Allergens: DA CE	Fruit or salad sticks Milk or water Allergens: DA CE	Fruit or salad sticks Milk or water Allergens: DA CE
Lunch	Sausage Surprise Homemade sausage pie Served with minted potatoes and seasonal vegetables Fresh fruit platter Allergens: G E SY DA SU LU	Risotto of the Day Please ask at nursery for the Chef's Risotto choice for today Served with a side of Spring vegetables Healthy home baking Allergens: G E F SY DA CE SU	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 Banana Buns Allergens: G E SY DA CE SU LU	Ham & Leek Cobbler Leeks, ham and mushrooms in a rich stock with a herby cobbler topping Served with carrots and broccoli Summer fruits and Greek yoghurt Allergens: G E DA SU LU	Chicken Supreme Chicken breast, mushrooms and onions in a creamy sauce Served with boiled rice Jelly and ice-cream Allergens: SY DA CE SU LU
Tea	Pilchard Pesto Pasta Pilchards in a homemade red pesto sauce Served on a bed of spaghetti Selection of fresh seasonal fruit Allergens: G E F SY DA CE SU LU	Soup & Sandwiches Homemade tomato soup of served with a selection of sandwiches* Please ask for today's choices Selection of fresh seasonal fruit Allergens: G E SY DA CE SU LU	Fish Supper Fishcakes, root vegetable wedges and garden peas Served with brown bread and butter Selection of fresh seasonal fruit Allergens: G SY F CE SU LU	Butternut Squash Tagine Butternut squash, tomatoes, onions, turmeric, cumin, coriander & ginger Served with fruity cous cous Selection of fresh seasonal fruit Allergens: G E F SY DA LU	Burger in a Bun Homemade burger of the day in a bun, topped with cheese and served with salad Selection of fresh seasonal fruit Allergens: G E SY DA CE SU

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
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Morning Snack	Fruit or salad sticks Milk or water Allergens: DA CE	Fruit or salad sticks Milk or water Allergens: DA CE	Fruit or salad sticks Milk or water Allergens: DA CE	Fruit or salad sticks Milk or water Allergens: DA CE	Fruit or salad sticks Milk or water Allergens: DA CE
Lunch	Cheesie Leek Bake Leeks, potatoes and cheese layered together and baked until golden Serve with green beans and sweetcorn Summer berries and Greek yoghurt Allergens: SY DA SU LU	Pirates Catch Catch of the day in herby tomato sauce Served with sweet potato wedges and a duo of seasonal vegetables Ice-cream cornet and homemade sauce Allergens: G F SY DA SU LU	Chicken Stroganoff Diced chicken, mushrooms and peppers in a creamy sauce Served with lemon rice Blueberry muffins Allergens: G E F SY DA SU LU	Salmon Pasta Flaked salmon, florets of broccoli and penne pasta in a white sauce Served with spring vegetables Healthy home baking Allergens: G F SY DA LU	Quiche of the Day Homemade quiche of the day Served with baked beans Fresh fruit jelly Allergens: G E SY DA SU LU
Tea	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 E SY DA CE LU	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 Selection of fresh seasonal fruit Allergens: G E F SY DA CE M SE SU LU	Soup & Sandwiches Homemade soup of the day served with a selection of sandwiches* Please ask for today's choices Selection of fresh seasonal fruit Allergens: G E F SY DA CE SU LU	Turkey Burger Homemade turkey burger in a soft bread roll Served with green salad, cherry tomatoes and cucumber sticks Selection of fresh seasonal fruit Allergens: G SY DA CE LU	Topped Jackets Jacket potatoes served with a choice of toppings Served with salad sticks and cherry tomatoes Selection of fresh seasonal fruit Allergens: E F SY DA CE SU LU

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Breakfast	<p>Selection of cereals Wholemeal toast and spreads Natural yoghurt & fresh fruit Diluted fruit juice or water</p> <p>Allergens: G DA SU</p>	<p>Selection of cereals Wholemeal toast and spreads Natural yoghurt & fresh fruit Diluted fruit juice or water</p> <p>Allergens: G DA SU</p>	<p>Selection of cereals Wholemeal toast and spreads Natural yoghurt & fresh fruit Diluted fruit juice or water</p> <p>Allergens: G DA SU</p>	<p>Selection of cereals Wholemeal toast and spreads Natural yoghurt & fresh fruit Diluted fruit juice or water</p> <p>Allergens: G DA SU</p>	<p>Selection of cereals Wholemeal toast and spreads Natural yoghurt & fresh fruit Diluted fruit juice or water</p> <p>Allergens: G DA SU</p>
Morning Snack	<p>Fruit or salad sticks Milk or water</p> <p>Allergens: DA CE</p>	<p>Fruit or salad sticks Milk or water</p> <p>Allergens: DA CE</p>	<p>Fruit or salad sticks Milk or water</p> <p>Allergens: DA CE</p>	<p>Fruit or salad sticks Milk or water</p> <p>Allergens: DA CE</p>	<p>Fruit or salad sticks Milk or water</p> <p>Allergens: DA CE</p>
Lunch	<p>Cowboy Surprise Sausages, baked beans and finely diced vegetables Served with potato of the day and a duo of seasonal vegetables</p> <p>Ice-cream sundaes</p> <p>Allergens: G E SY DA CE LU</p>	<p>Ham & Mushroom Pie Diced ham, sliced mushrooms and onions in a white sauce topped with short crust pastry Served with swede and carrot mash and spring greens</p> <p>Ginger biscuit & apple wedges</p> <p>Allergens: G E SY DA SU LU</p>	<p>Chilli Con Carne Minced beef, onions, celery, peppers and kidney beans in a spicy tomato sauce Served with boiled rice</p> <p>Selection of fresh seasonal fruit</p> <p>Allergens: G E SY DA CE SU LU</p>	<p>Buried Treasure Catch of the day in a white sauce topped with sweet potato mash Served with diced swede and green beans</p> <p>Banana Cake</p> <p>Allergens: G E F SY DA CE LU</p>	<p>Pork, Chorizo & Chickpea Stew Pork, chickpeas, diced chorizo, onions, celery, peppers & tomatoes cooked slowly until tender Served with garden peas and crusty bread</p> <p>Summer berries and yoghurt</p> <p>Allergens: G E SY DA CE SU LU</p>
Tea	<p>Spanish Chicken Chicken, onions, peppers and olives in a homemade tomato sauce Served on a bed of cous cous</p> <p>Selection of fresh seasonal fruit</p> <p>Allergens: SY DA CE SU LU</p>	<p>Topped Jackets Jacket potatoes served with a choice of toppings Served with salad sticks and homemade coleslaw</p> <p>Selection of fresh seasonal fruit</p> <p>Allergens: F SY DA CE SU LU</p>	<p>Pizza Swirls Homemade pizza swirls in a choice of flavours including tuna, pesto and cheese Served with garden salad</p> <p>Rice pudding & sultanas</p> <p>Allergens: G F SY DA CE SU LU</p>	<p>Roasted Veg Rigatoni Roasted courgettes, onions, peppers, mushrooms, tomatoes and garlic Served on a bed of rigatoni pasta</p> <p>Selection of fresh seasonal fruit</p> <p>Allergens: G SY DA LU</p>	<p>Sandwich Platter A selection of breads with a choice of fillings* Served with salad sticks and dips</p> <p>Selection of fresh seasonal fruit</p> <p>Allergens: G E F SY DA CE SU LU</p>

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