

Twinkles Nursery Winter Menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY
Morning Snack	Salad and vegetable sticks Breadsticks & dip Drink of milk Allergens: DA CE SU G	Salad and vegetable sticks Rice cakes & hummus Drink of milk Allergens: DA CE SU G	Salad and vegetable sticks Crackers & cream cheese Drink of milk Allergens: DA CE SU G	Salad and vegetable sticks Breadsticks & cheese cubes Drink of milk Allergens: DA CE SU G	Salad and vegetable sticks Rice cakes & butter Drink of milk Allergens: DA CE SU G
Lunch	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 CE SU LU	Turkey Cobbler Turkey mince, onions and mushrooms topped with a savoury scone topping Served with a duo of seasonal vegetables Selection of fresh seasonal fruit Allergens: G SY DA CE SU LU	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 CE SU LU	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: SY DA CE SU LU	Keema Mince Lean mince, onions, garlic, ginger, spices, peas and spinach cooked slowly in the oven Served with rice & cucumber raita Healthy home baking Allergens: G SY DA CE M SE SU LU
Tea	Topped Jackets Oven baked jacket potatoes with grated cheese, egg mayo or baked beans Served with salad sticks Healthy home baking Allergens: G E SY DA CE SU LU	Soup of the Day Homemade soup of the day Served with cheese or ham bread rolls Yogurt sundaes Allergens: G E F SY DA CE M SE SU LU	Sausage Casserole Sausages, onions, peppers and mushrooms in a spicy tomato sauce Served with couscous Oatie banana bites Allergens: G SY SU LU	Pasta of the Day Please ask in nursery for the Chefs pasta dish of the day Served with salad garnish Fruit and yoghurt Allergens: G F SY DA CE M SE SU LU	Savoury Snails *Puff pastry swirls with a choice of fillings Served with baked beans Selection of fresh seasonal fruit Allergens: G E F 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

*In Baby Stars this will be served as a finger food along with a bowl of the Chef's dish of the day. This will be detailed in your baby's daily diary

Twinkles Nursery Winter Menu



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY
Morning Snack	Salad and vegetable sticks Rice cakes & cream cheese Drink of milk Allergens: DA CE SU G	Salad and vegetable sticks Crackers & hummus Drink of milk Allergens: DA CE SU G	Salad and vegetable sticks Breadsticks Drink of milk Allergens: DA CE SU G	Salad and vegetable sticks Rice cakes & butter Drink of milk Allergens: DA CE SU G	Salad and vegetable sticks or Breadsticks & cheese cubes Drink of milk Allergens: DA CE SU G
Lunch	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	Savoury Mince Lean minced beef, onion and diced seasonal vegetables in homemade gravy Served with Yorkshire puddings & broccoli florets Selection of fresh seasonal fruit Allergens: G E SY DA C SU LU	Vegetable Korma Chef's choice of vegetables in a creamy coconut sauce Served with boiled rice, raita & naan bread Homemade brownies Allergens: G E SY DA CE M SE SU LU	Hungarian Goulash Minced lamb, onions, celery, carrots, green pepper, tomatoes and paprika cooked gently in the oven Served with warm crusty bread and cabbage Fresh fruit platter Allergens: G SY DA CE SE LU	Turkey Bolognese Minced turkey and onions in tomato sauce with hidden vegetables Served on a bed of spaghetti Healthy home baking Allergens: G E SY DA CE SE SU LU
Tea	Soup of the day Homemade soup of the day Served with warm crusty bread Yoghurt with fruit compote Allergens: G SY DA CE M SE SU LU	Cheese & Vegetable Pasta Farfalle pasta with chef's choice of vegetables in a creamy cheese sauce Served with garlic bread Fresh fruit, jelly and ice-cream Allergens: G SY DA CE SE SU LU	Chicken Casserole Diced chicken, onions, celery, swede and carrots cooked slowly in a rich stock Served with potato of the day Yoghurt & fruit wedges Allergens: G SY DA CE SU LU	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	Hot Dogs & Wedges *Oven cooked sausages in a finger roll Served with homemade wedges and salad sticks Selection of fresh fruit Allergens: G SY DA CE 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

*In Baby Stars this will be served as a finger food along with a bowl of the Chef's dish of the day. This will be detailed in your baby's daily diary

Twinkles Nursery Winter Menu



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY
Morning Snack	Salad and vegetable sticks Rice cakes & cream cheese Drink of milk Allergens: DA CE SU G	Salad and vegetable sticks Breadsticks Drink of milk Allergens: DA CE SU G	Salad and vegetable sticks Crackers & butter Drink of milk Allergens: DA CE SU G	Salad and vegetable sticks Rice cakes & hummus Drink of milk Allergens: DA CE SU G	Salad and vegetable sticks Breadsticks & cheese cubes Drink of milk Allergens: DA CE SU G
Lunch	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 E SY DA CE SU LU	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: CE SE SU LU	Bangers & Mash Pork sausages, creamy mashed potatoes and onion gravy Served with a duo of seasonal vegetables Selection of fresh seasonal fruit Allergens: G SY DA SU LU	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 E F SY DA CE SU LU	Chilli Con Carne Minced beef, onions, celery, peppers and kidney beans in a spicy tomato sauce Served with boiled rice Healthy home baking Allergens: G E SY DA CE SU LU
Tea	Savoury Snails *Puff pastry swirls with a choice of fillings Served with baked beans Healthy home baking Allergens: G E F SY DA SE SU LU	Moroccan Tagine Chick peas, butternut squash, carrots, onion and garlic in a spicy sauce made with ginger, spices and tomatoes Served with fruity couscous Greek yoghurt and fruit puree Allergens: SY DA CE M SE SU LU	Chef's Risotto Special Please ask at nursery for the Chef's Risotto choice for today Served with a side of Spring vegetables Banana & custard Allergens: G E F SY DA CE SU LU	Soup of the Day Homemade soup of the day Served with warm crusty bread and butter Homemade cookies Allergens: G E SY DA CE M SE SU LU	Fish Supper Homemade fish goujons, with potato of the day and peas Served with brown bread and butter Fresh fruit platter Allergens: G E F SY DA 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

*In Baby Stars this will be served as a finger food along with a bowl of the Chef's dish of the day. This will be detailed in your baby's daily diary

Twinkles Nursery Winter Menu



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY	Selection of cereals Wholemeal toast and reduced sugar jam and marmalade Milk or water Allergens: G DA SU SY
Morning Snack	Salad and vegetable sticks Breadsticks & dip Drink of milk Allergens: DA CE SU G	Salad and vegetable sticks Crackers & butter Drink of milk Allergens: DA CE SU G	Salad and vegetable sticks Rice cakes & cream cheese Drink of milk Allergens: DA CE SU G	Salad and vegetable sticks Breadsticks Drink of milk Allergens: DA CE SU G	Salad and vegetable sticks Rice cakes & hummus Drink of milk Allergens: DA CE SU G
Lunch	Fish Pie Smoked haddock, onions, garlic, celery and cauliflower in a white sauce topped with creamy mash Served with a duo of seasonal vegetables Fruit & ice-cream Allergens: F SY DA CE M SE SU LU	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 SY DA CE SE SU LU	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 SY DA CE SE SU LU	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 SY DA CE SE SU LU	Turkey Casserole Diced turkey, onion, garlic, peas, carrots and celery Served with Yorkshire puddings Selection of fresh seasonal fruit Allergens: G E SY DA CE SU LU
Tea	Sausage Surprise Homemade sausage pie Served with potato of the day and seasonal vegetables Selection of fresh seasonal fruit Allergens: G SY DA CE M SE SU 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 Fruit Mousse Allergens: G E F SY DA CE M SE SU LU	Soup of the day Homemade soup of the day Served with warm crusty bread and butter Yoghurt & banana oat bites Allergens: G SY DA CE M SE SU LU	Seaside Pasta Tuna, onion, garlic, cannellini beans and pasta shells in a tomato sauce Fruit crumble & custard Allergens: G E F SY DA CE SU LU	Stuffed Jackets Oven baked jacket potatoes topped with mixed bean chilli & grated cheese Served with salad sticks Fruit with yoghurt Allergens: SY DA CE 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

*In Baby Stars this will be served as a finger food along with a bowl of the Chef's dish of the day. This will be detailed in your baby's daily diary

Twinkles Nursery Winter Menu

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

*In Baby Stars this will be served as a finger food along with a bowl of the Chef's dish of the day. This will be detailed in your baby's daily diary