

# AUTUMN & WINTER MENU

## WEEK ONE



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## MONDAY

Selection of cereals  
Wholemeal toast and spreads  
Natural yoghurt & fresh fruit  
Diluted fruit juice, milk or water  
Allergens: G DA SU LU

### BREAKFAST

**Chicken & Mushroom Supreme**  
Diced chicken breast, onions, celery & mushrooms in a creamy sauce  
Served with rice and garden peas  
Selection of fresh seasonal fruit  
Allergens: G SY DA CE M SU LU

### LUNCH

**Soup of the Day**  
Chef's soup of the day served with a side of warm crusty bread - this will be emailed to you each week  
Homemade cookies & yoghurt  
Allergens: G SY DA CE SU LU

### DINNER

## TUESDAY

Selection of cereals  
Wholemeal toast and spreads  
Natural yoghurt & fresh fruit  
Diluted fruit juice, milk or water  
Allergens: G DA SU LU

### BREAKFAST

**Savoury Mince**  
Lean minced beef, onions, carrots & celery in homemade gravy  
Served with a broccoli florets and homemade Yorkshire Puddings  
Cheese & biscuits  
Allergens: G E SY DA CE SU LU

### LUNCH

**Cheese & Vegetable Pasta**  
Farfalle pasta with chef's choice of vegetables in a creamy cheese sauce  
Served with a salad garnish and garlic bread  
Selection of fresh seasonal fruit  
Allergens: G SY DA CE SU LU

### DINNER

## WEDNESDAY

Selection of cereals  
Wholemeal toast and spreads  
Natural yoghurt & fresh fruit  
Diluted fruit juice, milk or water  
Allergens: G DA SU LU

### BREAKFAST

**Vegetable Curry of the Day**  
Chef's choice of vegetarian curry - this will change each week to give the children opportunity to explore new flavours. Details will be emailed to you on the day  
Melon wedges & yoghurt  
Allergens: G E SY DA CE SU LU

### LUNCH

**Sausage & Cannellini Bean Casserole**  
Pork sausages, onions, paprika, celery, carrots, tomatoes and sliced greens  
Served with crusty bread  
Selection of fresh seasonal fruit  
Allergens: G SY CE SU LU

### DINNER

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

## THURSDAY

Selection of cereals  
Wholemeal toast and spreads  
Natural yoghurt & fresh fruit  
Diluted fruit juice, milk or water  
Allergens: G DA SU LU

### BREAKFAST

**Hidden Veg Bolognese**  
Lean minced beef, onions & finely diced carrots, courgettes & mushrooms in a homemade tomato sauce,  
Served on a bed of spaghetti with a sprinkle of grated cheese  
Selection of fresh seasonal fruit  
Allergens: G SY DA CE SU LU

### LUNCH

**Topped Jackets**  
Jacket potatoes served with a choice of toppings including cheese and tuna  
Served with lettuce and crudités  
Stewed fruit & custard  
Allergens: E F SY DA CE SU LU

### DINNER

## FRIDAY

Selection of cereals  
Wholemeal toast and spreads  
Natural yoghurt & fresh fruit  
Diluted fruit juice, milk or water  
Allergens: G DA SU LU

### BREAKFAST

**Hungarian Goulash**  
Minced lamb, onions, celery, carrots, green peppers, tomatoes & paprika cooked gently in the oven  
Served with cabbage medley  
Selection of fresh seasonal fruit  
Allergens: G SY DA CE SE SU LU

### LUNCH

**Fish Supper**  
Homemade fish goujons, crispy potato wedges and mushy peas  
Served with brown bread & butter  
Rice pudding  
Allergens: G E F SY DA CE SU

### DINNER

\*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

# AUTUMN & WINTER MENU

## WEEK TWO



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## MONDAY

Selection of cereals  
Wholemeal toast and spreads  
Natural yoghurt & fresh fruit  
Diluted fruit juice, milk or water  
Allergens: G DA SU LU

### BREAKFAST

#### Lasagne of the Day

Chef's choice of lasagne - this will change each week to give the children opportunity to explore new flavours. Details will be emailed to you on the day

Selection of fresh seasonal fruit  
Allergens: G E F SY DA CE SU LU

### LUNCH

#### Topped Jackets

Jacket potatoes served with a choice of toppings, including, tuna & grated cheddar cheese

Served with salad sticks and cherry tomatoes

Healthy home baking

Allergens: E F SY DA CE SU LU

### DINNER

## TUESDAY

Selection of cereals  
Wholemeal toast and spreads  
Natural yoghurt & fresh fruit  
Diluted fruit juice, milk or water  
Allergens: G DA SU LU

### BREAKFAST

#### Cumberland Pie

Lean mince, onions and mushrooms in a rich gravy, topped with creamy mashed potato and a layer of cheese bread crumbs and baked until golden

Served with a duo of seasonal vegetables

Fruit & yoghurt

Allergens: G SY DA CE SU LU

### LUNCH

#### Moroccan Tagine

Chick peas, butternut squash, carrots, onion, ginger & garlic in a spicy homemade tomato sauce

Served with fruity cous cous

Selection of fresh seasonal fruit

Allergens: G DA SE SU LU

### DINNER

## WEDNESDAY

Selection of cereals  
Wholemeal toast and spreads  
Natural yoghurt & fresh fruit  
Diluted fruit juice, milk or water  
Allergens: G DA SU LU

### BREAKFAST

#### Haddock Pie

Flaked haddock in a creamy sauce, topped with crisp puff pastry  
Served with swede and carrot mash and fine green beans

Selection of fresh seasonal fruit  
Allergens: G E F SY DA SU LU

### LUNCH

#### Lentil Bolognese & Wedges

Slow cooked lentils, tomatoes, onions, mushrooms, peppers & garlic  
Served with crispy homemade wedges

Cheese & biscuits  
Allergens: G SY DA SU LU

### DINNER

## THURSDAY

Selection of cereals  
Wholemeal toast and spreads  
Natural yoghurt & fresh fruit  
Diluted fruit juice, milk or water  
Allergens: G DA SU LU

### BREAKFAST

#### Caribbean Chicken

Diced chicken cooked with onion, thyme, garlic, & paprika  
Served with traditional style rice & peas

Pineapple wedges

Allergens: G SY DA SU LU

### LUNCH

#### Homemade Pizza

Homemade pizzas\* with an assortment of toppings chosen by the children!

Served with garden salad

Mandarin Jelly & Greek yoghurt

Allergens: G F SY DA CE SU LU

### DINNER

## FRIDAY

Selection of cereals  
Wholemeal toast and spreads  
Natural yoghurt & fresh fruit  
Diluted fruit juice, milk or water  
Allergens: G DA SU LU

### BREAKFAST

#### Bangers & Mash

Pork sausages, creamy mashed potato and rich onion gravy

Served with a duo of seasonal vegetables

Bananas & custard

Allergens: G SY DA CE SU LU

### LUNCH

#### Curry of the Day

Chef's choice of curry - this will change each week to give the children opportunity to explore new flavours. Details will be emailed to you on the day

Selection of fresh seasonal fruit

Allergens: E F SY DA CE SU LU

### DINNER

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

# AUTUMN & WINTER MENU

## WEEK THREE



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## MONDAY

Selection of cereals  
Wholemeal toast and spreads  
Natural yoghurt & fresh fruit  
Diluted fruit juice, milk or water  
Allergens: G DA SU LU

### BREAKFAST

**Tuna & Macaroni Bake**  
Flaked tuna and macaroni in a  
homemade cheese sauce  
Served with a duo of seasonal  
vegetables  
Selection of fresh seasonal fruit  
Allergens: G F SY DA CE SU LU

### LUNCH

**Bigos Stew**  
Bigos is a traditional Polish dish,  
containing pork, spiced sausage  
sauerkraut, white cabbage, tomatoes &  
spices  
Served with warm crusty bread  
Apple & yoghurt  
Allergens: G SY DA SU LU

### DINNER

## TUESDAY

Selection of cereals  
Wholemeal toast and spreads  
Natural yoghurt & fresh fruit  
Diluted fruit juice, milk or water  
Allergens: G DA SU LU

### BREAKFAST

**Turkey Cobbler**  
Diced turkey breast, 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

### LUNCH

**Soup of the Day**  
Chef's soup of the day - this will change  
each week to give the children  
opportunity to explore new flavours.  
Details will be emailed to you on the  
day  
Served with cheese filled rolls  
Healthy home baking  
Allergens: G E DA SY CE SU LU

### DINNER

## WEDNESDAY

Selection of cereals  
Wholemeal toast and spreads  
Natural yoghurt & fresh fruit  
Diluted fruit juice, milk or water  
Allergens: G DA SU LU

### BREAKFAST

**Around the World in 80 Days**  
Chef's choice of dish from around the  
World- this will change each week to  
give the children opportunity to explore  
new flavours. Details will be emailed to  
you on the day.

Selection of fresh seasonal fruit  
Allergens: G E F SY DA CE SE SU LU

### LUNCH

### Dogs & Dippers

\*Lean pork sausages in soft finger rolls  
with a side of root vegetable wedges  
Served with baked beans  
Homemade rice pudding  
Allergens: G SY E DA CE SU LU

### DINNER

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

## THURSDAY

Selection of cereals  
Wholemeal toast and spreads  
Natural yoghurt & fresh fruit  
Diluted fruit juice, milk or water  
Allergens: G DA SU LU

### BREAKFAST

**Roast Dinner**  
Chef's choice of roast meat served with  
potatoes, a duo of seasonal vegetables  
and homemade gravy  
Selection of fresh seasonal fruit  
Allergens: G SY CE SE SU LU

### LUNCH

**Vegetable Rigatoni**  
Courgettes, onions, garlic, cannellini  
beans, peppers & tomatoes on a bed of  
rigatoni pasta  
Served with garlic baguette  
Cheese & biscuits  
Allergens: G SY DA SU LU

### DINNER

## FRIDAY

Selection of cereals  
Wholemeal toast and spreads  
Natural yoghurt & fresh fruit  
Diluted fruit juice, milk or water  
Allergens: G DA SU LU

### BREAKFAST

**Keema Mince**  
Lean mince, onions, garlic, ginger, spices,  
peas & spinach cooked slowly in the oven  
Served with rice and cucumber raita  
Selection of fresh seasonal fruit  
Allergens: G SY DA CE M SE SU LU

### LUNCH

**Topped Jackets**  
Jacket potatoes served with a choice  
of toppings, including, tuna & grated  
cheddar cheese  
Served with salad sticks and cherry  
tomatoes  
Healthy home baking  
Allergens: E F SY DA CE SU LU

### DINNER

# AUTUMN & WINTER MENU

## WEEK FOUR



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## MONDAY

Selection of cereals  
Wholemeal toast and spreads  
Natural yoghurt & fresh fruit  
Diluted fruit juice, milk or water  
Allergens: G DA SU LU

### BREAKFAST

### Chilli Con Carne

Minced beef, onions, celery, peppers and kidney beans in a spicy homemade tomato sauce  
Served with boiled rice, sour cream & grated cheese  
Selection of fresh seasonal fruit  
Allergens: G E SY DA CE SU LU

### LUNCH

### Sausage Supper

Lean pork sausages, Chef's potato of the day and onion gravy  
Served with a duo of vegetables  
Fruit smoothie & cookies  
Allergens: G SY DA SU LU

### DINNER

## TUESDAY

Selection of cereals  
Wholemeal toast and spreads  
Natural yoghurt & fresh fruit  
Diluted fruit juice, milk or water  
Allergens: G DA SU LU

### BREAKFAST

### Haddock Bake

Smoked haddock and sweetcorn in a creamy sauce, topped with sliced potato and cheese  
Served with a duo of vegetables  
Selection of fresh seasonal fruit  
Allergens: G F SY DA SU LU

### LUNCH

### Chinese House Special

Chef's choice of Chinese dish - this will change each week to give the children opportunity to explore new flavours. Details will be emailed to you on the day.

Yoghurt & fruit

Allergens: G E F SY DA CE SE SU LU

### DINNER

## WEDNESDAY

Selection of cereals  
Wholemeal toast and spreads  
Natural yoghurt & fresh fruit  
Diluted fruit juice, milk or water  
Allergens: G DA SU LU

### BREAKFAST

### Minced Beef Stew

Minced beef, onions, celery, swede and carrots, cooked in a rich gravy and topped with herby dumplings  
Served with broccoli spears  
Selection of fresh seasonal fruit  
Allergens: G SY DA CE SU LU

### LUNCH

### Chef's Pasta of the Day

Chef's choice of pasta dish - this will change each week to give the children opportunity to explore new flavours. Details will be emailed to you on the day.

Crumble & custard

Allergens: G F SY DA CE SU LU

### DINNER

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

## THURSDAY

Selection of cereals  
Wholemeal toast and spreads  
Natural yoghurt & fresh fruit  
Diluted fruit juice, milk or water  
Allergens: G DA SU LU

### BREAKFAST

### Fish & Chips

White fish and potato in breadcrumbs, with homemade sweet potato wedges  
Served with garden peas, carrots and parsley sauce  
Selection of fresh seasonal fruit  
Allergens: G E F SY DA CE LU

### LUNCH

### Spicy Turkey & Cous Cous

Diced turkey breast, courgettes, peppers, onions, tomatoes & herbs  
Served on a bed of cous cous  
Oatie bites & yoghurt  
Allergens: G DA SY SU LU

### DINNER

## FRIDAY

Selection of cereals  
Wholemeal toast and spreads  
Natural yoghurt & fresh fruit  
Diluted fruit juice, milk or water  
Allergens: G DA SU LU

### BREAKFAST

### Thai Green Chicken Curry

Diced chicken breast, onion, ginger, Thai curry paste & coconut milk on a bed of basmati rice  
Served with fine green beans  
Yoghurt & fruit wedges  
Allergens: G E SY DA CE SU LU

### LUNCH

### Soup of the Day

Chef's soup of the day - this will change each week to give the children opportunity to explore new flavours. Details will be emailed to you on the day  
Served with crusty bread & cheese cubes  
Healthy home baking

Allergens: G E F SY DA CE SU LU

### DINNER

\*In Baby Stars sandwiches and wraps 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