

Flower Pors Day Nursery Menu week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal, porridge, croissant, pancake, wholemeal toast	Cereal, porridge, croissant, pancake, wholemeal toast	Cereal, porridge, croissant, pancake, wholemeal toast	Cereal, porridge, croissant, pancake, wholemeal toast	Cereal, porridge, croissant, pancake, wholemeal toast
Morning snack	Rice cakes Tomato wedges	Salmon pate, Cucumber sticks French toast F, G	Cheese & pineapple Red pepper slices DA	Butterbean hummus Cucumber sticks, Naan G	Cheese & chive pinwheels DA,
Lunch					
Main	Sweet & sour vegetables with mushrooms Chicken balls G,	Hungarian beef goulash carrots	Turkey & vegetable pie	Lamb hotpot	Salmon & broccoli pasta bake G,
Vegetarian option	Sweet & sour vegetables with mushrooms Quorn chicken E,	Hungarian Quorn mince goulash, carrots E,	Mixed bean & vegetable pie	Pear & barley hotpot	Vegetable pasta bake
Vegan option	Sweet & sour vegetables with mushrooms Plant based chicken G, SY	Hungarian plant-based mince goulash, carrots G, SY	Mixed bean & vegetable pie	Pear & barley hotpot	Vegetable pasta bake
Side	Wholegrain/white rice	Mash potato DA	Diced potato Cabbage	Green beans Carrots	Sweetcorn Garlic bread G
Second course	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt
Afternoon snack	Natural mint yoghurt Cucumber sticks DA	Just cooked carrot & pepper sticks	Hummus cucumber sticks pitta	Red pepper Bread sticks	Rice cakes Soft cheese Tomato wedges
Light tea					
Main	Mash potato Tuna, cheese F, DA	Sliced ham	Pasta in tomato sauce with hidden vegetables G,	Bbq chicken	Falafel Hummus
Vegetarian option	Mash potato Homemade baked beans	Cheese & spinach quiche	Pasta in tomato sauce with hidden vegetables	Bbq Quorn chicken	Falafel Hummus
Vegan option	Mash potato Homemade baked beans	Roast vegetable & chickpea tart	Pasta in tomato sauce with hidden vegetables	Bbq jack fruit	Falafel Hummus
Side	Sweetcorn	Cheese Salad Wholemeal bread G,	Grated cheese Sweetcorn DA,	Potato salad Tomato & cucumber Bagel G,	Cucumber salad Pitta G,
Second course	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt

CELERY-CE, GUTEN-G, SHELLFISH-SF (Crustaceans & Molluscs), EGG-E, FISH-F, LUPIN-LU, DAIRY-DA, MUSTARD-MU, NUTS-N, PEANUTS-PN, SEASAME- SE, SOYA-SY, SULPHATES-SU

Flower Pors Day Nursery Menu week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal, porridge, croissant, pancake, wholemeal toast	Cereal, porridge, croissant, pancake, wholemeal toast	Cereal, porridge, croissant, pancake, wholemeal toast	Cereal, porridge, croissant, pancake, wholemeal toast	Cereal, porridge, croissant, pancake, wholemeal toast
Morning snack	Rice cakes Soft cheese Cucumber sticks DA,	Beetroot hummus Flat bread G,	Mackerel & red pepper pate Cucumber sticks Crackers F, G	Red onion hummus Cooked carrot batons Pitta G,	Chef's choice of the day A special menu created with ideas from our children, families & nursery team
Lunch					
Main	Lamb & potato keema curry	Roast chicken in gravy	Beef chilli con carne	Chicken goujons Cheesy macaroni bake DA, G,	
Vegetarian option	Lentil & potato keema curry	Quorn chicken in gravy E	Five bean chilli con carne	Cauliflower & macaroni bake with yeast flakes	
Vegan option	Lentil & potato keema curry	Plant based fillets in gravy G, SY,	Five bean chilli con carne	Cauliflower & macaroni bake with yeast flakes	
Side	Peas Naan bread G,	Roast potato Mixed vegetables	Wholegrain/white rice Green beans	Broccoli florets	
Second course	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt
Afternoon snack	Carrot & ginger dip bread sticks G,	Cheese straws Tzatziki	Cottage cheese Tomato wedges DA,	Rice cakes Banana slices	
Light tea					
Main	Chicken & bean hotpot	Fish fingers F, G,	Loin of pork	Sweet potato & vegetables in a curry sauce	
Vegetarian option	Chickpea & butterbean hotpot	Vegetable fingers G,	Maple & mustard glazed tofu slices MU, SY,	Sweet potato & vegetables in a curry sauce	
Vegan option	Chickpea & butterbean hotpot	Vegetable fingers G,	Mapel & mustard glazed tofu slices MU, SY,	Sweet potato & vegetables in a curry sauce	
Side	Wholemeal bread G,	Mixed salad & pasta	Hot potato dish Cheese Side salad DA,	Pepper & cucumber sticks	
Second course	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt

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Flower Pors Day Nursery Menu week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal, porridge, croissant, pancake, wholemeal toast	Cereal, porridge, croissant, pancake, wholemeal toast	Cereal, porridge, croissant, pancake, wholemeal toast	Cereal, porridge, croissant, pancake, wholemeal toast	Cereal, porridge, croissant, pancake, wholemeal toast
Morning snack	Cheese & pineapple DA,	Pepper & cucumber sticks	Hummus, Cucumber Bread sticks G,	Carrot & ginger dip Pitta G,	Rice cakes
Lunch					
Main	Chicken in creamy white sauce with red & green peppers	Sausages in red onion gravy	Shepherd's pie	Tuna pasta bake F, G,	Chicken & vegetable stir fry with rice noodles
Vegetarian option	Quorn chicken in creamy white sauce with red & green peppers E,	Quorn sausages in red onion gravy E, G,	Lentil & vegetable pie	Vegetable & chickpea pasta bake	Tofu & vegetable stir fry with rice noodles SY,
Vegan option	Plant based chicken in creamy white sauce with red & green peppers SY,	Plant based sausages in red onion gravy SY,	Lentil & vegetable pie	Vegetable & chickpea pasta bake	Tofu & vegetable stir fry with rice noodles SY,
Side	Wholegrain/white rice Steamed green vegetables	Sweet potato Medley of vegetables	Mash potato Carrots	Sweetcorn Broccoli	Flat bread strips G,
Second course	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt
Afternoon snack	Salmon pate Cucumber sticks Crackers F, G,	Rice cakes Cream cheese DA,	Tomato wedges & pepper sticks	Cottage cheese Cucumber sticks Crackers DA, G,	Carrot & pepper sticks
Light tea					
Main	Vegetable fingers G,	Pasta in tomato sauce G,	Roast turkey	Falafel Onion bhaji	Pizza pinwheels
Vegetarian option	Vegetable fingers G,	Pasta in tomato sauce	Sliced lentil & vegetable loaf	Falafel Onion bhaji	Pizza pinwheels
Vegan option	Vegetable fingers G,	Pasta in tomato sauce	Sliced lentil & vegetable loaf	Falafel Onion bhaji	Pizza pinwheels
Side	Mixed salad Bagel G,	Bread sticks G,	Salad, Cheese Wholemeal bread DA, G,	Beetroot humus Naan, Side salad	Cucumber sticks
Second course	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt

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Flower Pors Day Nursery Menu week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal, porridge, croissant, pancake, wholemeal toast	Cereal, porridge, croissant, pancake, wholemeal toast	Cereal, porridge, croissant, pancake, wholemeal toast	Cereal, porridge, croissant, pancake, wholemeal toast	Cereal, porridge, croissant, pancake, wholemeal toast
Morning snack	Chef's choice of the day A special menu created with ideas from our children, families & nursery team	Pepper & cucumber sticks	Cream cheese Cucumber sticks Crackers DA, G,	Polenta fingers Butternut squash or sweet potato puree	Mackerel & red pepper pate Cucumber sticks F,
Lunch					
Main		Salmon fishcakes F,	Chicken curry	Pasta bolognese G,	Roast lamb Mint sauce gravy
Vegetarian option		Vegetable cakes	Chickpea & vegetable curry	Quorn mince pasta bolognese E,	Minted vegetable hotpot
Vegan option		Vegetable cakes	Chickpea & vegetable curry	Plant based mince pasta bolognese SY,	Minted vegetable hotpot
Side		Sweet potato & vegetables in tomato sauce	Wholegrain/white rice Peas Naan G,	Carrots Broccoli	Roast potato Medley of vegetables
Second course	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt
Afternoon snack		Red onion hummus Cucumber sticks Bread sticks G,	Carrot & pepper sticks	Hummus Pitta G,	Rice cakes
Light tea					
Main		Chilli beef	Apricot glazed gammon	Chicken bites G,	Vegetable lasagne
Vegetarian option		Chilli vegetables	Sweet potato & lentil patties	Vegetable fingers G,	Vegetable lasagne
Vegan option		Chilli vegetables	Sweet potato & lentil patties	Vegetable fingers G,	Vegetable lasagne
Side		Mash potato Grated cheese DA,	Cauliflower cheese Tomato wedges, cucumber sticks	Salad Bagel G,	French stick G,
Second course	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt	Assortment of fruit/natural yoghurt

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