

LITTLE EINSTEINS NURSERIES

SPRING MENU - WEEK 1

Day	Breakfast (until 0915)	Mid-morning snack (1030)	Lunch (1200-1300)	Mid-afternoon snack (1500)
Monday	<ul style="list-style-type: none"> • Choice of Cereals • Toast & Preserves • Milk, Fruit Juice 	<ul style="list-style-type: none"> • Sliced Fruit • Milk, Water 	<ul style="list-style-type: none"> • Beef bolognaise with spaghetti • Quorn toad in the hole with gravy & new potatoes • Fruit Yoghurt • Water, Fruit Juice 	<ul style="list-style-type: none"> • Sliced Fruit • Milk, Water
Tuesday	<ul style="list-style-type: none"> • Choice of Cereals • Toast & Preserves • Milk, Fruit Juice 	<ul style="list-style-type: none"> • Sliced Fruit • Milk, Water 	<ul style="list-style-type: none"> • Sausage & bean casserole, peas & sweetcorn • Vegetarian Pizza • Mandarin jelly • Water, Fruit Juice 	<ul style="list-style-type: none"> • Sliced Fruit • Milk, Water
Wednesday	<ul style="list-style-type: none"> • Choice of Cereals • Toast & Preserves • Milk, Fruit Juice 	<ul style="list-style-type: none"> • Sliced Fruit • Milk, Water 	<ul style="list-style-type: none"> • Chicken pasta bake • Vegetable tagine with cous cous • Fruit Yoghurt • Water, Fruit Juice 	<ul style="list-style-type: none"> • Sliced Fruit • Milk, Water
Thursday	<ul style="list-style-type: none"> • Choice of Cereals • Toast & Preserves • Milk, Fruit Juice 	<ul style="list-style-type: none"> • Sliced Fruit • Milk, Water 	<ul style="list-style-type: none"> • Chicken curry with rice • Jacket potato with baked beans/cheese • Fruit cocktail & Ice Cream • Water, Fruit Juice 	<ul style="list-style-type: none"> • Sliced Fruit • Milk, Water
Friday	<ul style="list-style-type: none"> • Choice of Cereals • Toast & Preserves • Milk, Fruit Juice 	<ul style="list-style-type: none"> • Sliced Fruit • Milk, Water 	<ul style="list-style-type: none"> • Fish & Chips with peas • Macaroni cheese & salad • Fruit Yoghurt • Water, Fruit Juice 	<ul style="list-style-type: none"> • Sliced Fruit • Milk, water

FOOD ALLERGENS

Menu Item	Gluten containing Cereals e.g. Wheat, Rye, Oats etc.	Nuts	Peanuts	Milk	Egg	Soya	Mustard	Celery	Fish	Molluscs	Crustaceans	Sulphur Dioxide	Lupin
Bolognaise	Spaghetti Pasta											Beef Stock	
Toad in Hole				Milk		Quorn							
Sausages & Bean Casserole													
Veg Pizza	Pizza Base			Cheese									
Chicken Pasta Bake	Pasta			Cheese									
Veg Tagine													
Chick Curry													
Jacket Potato				Cheese									
Fish & Chips									Yes				
Macaroni Cheese	Pasta			Cheese									

These indicate the allergens that are present as ingredients in the food we serve.

Please ensure you discuss any allergy your child(ren) have with us. Some products may contain traces of other allergens in ingredients from our suppliers or by cross contamination.

Although some of our dishes are made with no gluten containing ingredients we do not make claims about our products being “Gluten Free”

