

LITTLE EINSTEINS NURSERIES
SPRING MENU - WEEK 3

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"> • Sausage casserole, mash & seasonal vegetables • Vegetable burritos • Fruit Yoghurts • 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"> • BBQ Chicken, rice, peas & sweetcorn • Vegetable casserole • Fruit Trifle • 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"> • Haggis, Neeps & Tatties • Cheesy pasta bake & salad • Fruit Yoghurts • 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"> • Mince and potatoes with carrot & swede mash • Margarita pizza & salad • Strawberry Delight • 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 cakes with seasonal veg • Cheesy bean bake & salad • Fruit Yoghurts • 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
Sausage												Stock	
Veg Burritos	Burritos			Cheese									
BBQ Chicken												Chicken Stock	
Veg Casserole													
Fruit Trifle				Cream & Custard									
Haggis													
Pasta Bake	Pasta			Cheese									
Mince												Beef Stock	
Veg Pizza	Pizza Base												
Straw Delight				Yes									
Fish Cakes				Yes					Yes				
Bean Bake				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”

