



The Orchards

Day Nurseries & Preschool

WEEK 1

	Breakfast	Snack	Lunch	Allergens	Snack	Tea	Allergens
Monday	Variety of wholegrain, low sugar cereals, fresh Fruit, overnight oats and wholemeal toast	Cracker with Cheese Dairy Wheat	Lunch – Macaroni Cheese, With Broccoli, Cauliflower, Carrots Table Vegetables – Broccoli and Cauliflower Pudding – Fromage Frais	Wheat Dairy Celery Mustard	Fresh Fruit	French Stick with Salmon Cheese Cucumber Fingers Fresh Fruit	Wheat Dairy Fish
Tuesday	Variety of wholegrain, low sugar cereals, fresh Fruit, overnight oats and wholemeal toast	Fresh fruit	Lunch – Chicken Sausage Toad in hole Table Mixed Vegetables - Gravy Pudding Ice Cream	Wheat Sulphite Dairy Egg Soya	Fruit Loaf with Spread Wheat Soya	Crackers with Cheese and Vegetable fingers Fresh fruit	Wheat Dairy
Wednesday	Variety of wholegrain, low sugar cereals, fresh Fruit, overnight oats and wholemeal toast	Cinnamon and Raison Bagels With cream cheese	Lunch –Cod Potatoes and spinach curry with basmati rice Table vegetable - Peas Pudding – Fromage Frais	Fish	Fresh fruit	Ham and Cheese Wholemeal Wraps Fresh Fruit	Wheat Dairy
Thursday	Variety of wholegrain, low sugar cereals, fresh Fruit, overnight oats and wholemeal toast	Fresh fruit	Lunch – BBQ Chicken with tomatoes, peppers and new potatoes Table vegetable – Roasted Aubergine, peppers, courgettes and Squash Pudding – Oat and Apricot Cookies Vegetarian – BBQ Quorn Fillets	Mustard Barley Wheat Sulphur Dioxide	Savoury Biscuit with Red pepper Hummus Sesame seed Wheat Barley	Pork and Apple Sausage Rolls with Cherry Tomatoes Fresh fruit Vegetarian – Sausage Rolls	Wheat
Friday	Variety of wholegrain, low sugar cereals, fresh Fruit, overnight oats and wholemeal toast	Pitta Bread Beetroot tzatziki dip Dairy Wheat	Lunch - Cottage Pie with celery and Carrots Table vegetable – Sliced Green beans Pudding – Rice Pudding and Fruit Vegetarian – Soya mince cottage pie	Wheat Celery	Fresh fruit	Baked Beans on Toast Fresh Fruit	Wheat Soya

Allergens

Main meal

Pudding

Snack

Vegetables

Vegetarian option



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WEEK 2

Days	Breakfast	Snack	Lunch	Allergens	Snack	Tea	Allergens
Monday	Variety of wholegrain, low sugar cereals, fresh Fruit, overnight oats and wholemeal toast	Crackers with Cheese Dairy Wheat	Lunch – Tuna and Vegetable Pasta Tomato Bake Table Vegetables - Mixed Vegetables Pudding – Fromage Frais Vegetarian – Tomato and Mixed Bean Pasta Bake	Dairy Celery Fish	Fresh Fruit	Bagels with Cheese and Cucumber Fingers Fresh Fruit	Barley Wheat Dairy Rye
Tuesday	Variety of wholegrain, low sugar cereals, fresh Fruit, overnight oats and wholemeal toast	Fresh Fruit	Lunch –Chicken and Vegetable Pie - With Carrot, Turnip and Swede and Celery With Roast Potatoes Table Vegetables – Cauliflower and Broccoli Pudding – Melon Fingers Quorn And Vegetable Pie	Wheat Dairy Soya Barley Celery	Cheese Twists Dairy Wheat Barley	Seasonal Soup with Wholemeal Bread Fresh Fruit	Wheat Celery Soya
Wednesday	Variety of wholegrain, low sugar cereals, fresh Fruit, overnight oats and wholemeal toast	Toasted Fruit Tea Cake Wheat Soya	Lunch – Beef Meatballs with A Tomatoed and Basil Sauce Served with Cous Cous Table Vegetable - Broad Beans and Carrots Pudding – Banana Cake Vegetarian – Falafel With tomatoes And Basil Sauce with Cous Cous	Celery Wheat	Fresh Fruit	Pilchard Muffin Pizza Fresh Fruit Vegetarian – Tofu Cheese & Tomato Pizza Muffin	Fish Wheat Soya D a i r y
Thursday	Variety of wholegrain, low sugar cereals, fresh Fruit, overnight oats and wholemeal toast	Fresh Fruit	Lunch – Home Cooked Ham with Parsley Sauce and Herb Diced Potatoes Table Vegetable – Carrots and Peas Pudding – Fruit Jelly Vegetarian – Vegetable Loaf with Parsley Sauce	Dairy Wheat Mustard	Breadsticks and Bean And tomatoes And Cheese Dip Wheat Dairy	Cheese Scone with Mixed Salad. Fresh Fruit	Wheat Dairy Mustard
Friday	Variety of wholegrain, low sugar cereals, fresh Fruit, overnight oats and wholemeal toast	Multigrain Cracker with Cream Cheese Wheat Dairy Barley	Lunch - Roasted Vegetable and Lentil Lasagne with Cheese Topping With Garlic Bread Seasonal Table Vegetable Grated Carrot and Courgette. Pudding – Fromage Frais	Wheat Dairy Mustard Celery	Fresh Fruit	Wholemeal Egg and Cheese Sandwiches Fresh Fruit	Wheat Soya Egg Dairy

Allergens

Main meal

Pudding

Snack

Vegetables

Vegetarian option



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WEEK 3

	Breakfast	Snack	Lunch	Allergens	Snack	Tea	Allergens
Monday	Variety of wholegrain, low sugar cereals, fresh Fruit, overnight oats and wholemeal toast	Wholemeal Cracker Bread with Cream Cheese Wheat Dairy	Lunch - Thai Chicken Curry with Basmati Rice and Mangetout Table Vegetables - Corn & Courgette Pudding - Fromage Frais Vegetarian Version - Thai Tofu Curry	Gluten Fish Dairy	Fresh Fruit	Fish Fingers in a Roll Fresh Fruit	Wheat Fish
Tuesday	Variety of wholegrain, low sugar cereals, fresh Fruit, overnight oats and wholemeal toast	Fresh Fruit	Lunch - Vegetable Pizza with Courgettes and Peppers Potatoes Wedges Table Vegetable - Baked Beans Pudding - Fresh Fruit Salad	Wheat Dairy Egg	Breadsticks with Cheese Dip Gluten Dairy	Wholemeal Pitta Bread with Hummus and Vegetable Fingers Fresh Fruit	Wheat Sesame Seeds
Wednesday	Variety of wholegrain, low sugar cereals, fresh Fruit, overnight oats and wholemeal toast	Cheese on Toast Fingers Wheat Soya Dairy	Lunch - Spaghetti Bolognese with Mushrooms and Parmesan Table Vegetable - Mixed Vegetables -Pudding - Fruit Crumble and Custard	Dairy Wheat Celery	Fresh Fruit	Cheese and Ham Stuffed Jacket Potatoes with Mixed Salad Fresh Fruit	Dairy
Thursday	Variety of wholegrain, low sugar cereals, fresh Fruit, overnight oats and wholemeal toast	Fresh Fruit	Lunch - Roast Chicken Yorkshire Puddings, Roast Potatoes Stuffing and Gravy Table Vegetable - Broccoli and Carrots Vegetarian Version - Tofu and Apple Casserole Pudding - Fromage Frais	Wheat Egg Milk Soya	Hovis Crackers with Cheese Dairy Wheat	Tuna Mayonnaise and Cheese and Tomato Sandwiches Fresh Fruit	Dairy Gluten Soya
Friday	Variety of wholegrain, low sugar cereals, fresh Fruit, overnight oats and wholemeal toast	Sliced Fruit Loaf and Spread Wheat Soya Dairy	Lunch - Roast Turkey, Stuffing Yorkshire Puddings with Roast Potatoes Seasonal Table Vegetables - Peas and Carrots Vegetarian Version - Quorn Fillets Pudding - Fromage Frais	Soya Gluten Dairy Egg	Fresh Fruit	Tuna and Tri Colour Pasta Salad Fresh Fruit	Wheat Fish Egg

Allergens

Main meal

Pudding

Snack

Vegetables

Vegetarian option