

Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8am – 8.30am	Choice of Cereals Toast with butter & jam Milk or Water to drink	Choice of Cereals Toast with butter & jam Milk or Water to drink	Choice of Cereals Toast with butter & jam Milk or Water to drink	Choice of Cereals Toast with butter & jam Milk or Water to drink	Choice of Cereals Toast with butter & jam Milk or Water to drink
Allergens	1, 2, 13	1, 2, 13	1, 2, 13	1, 2, 13	1, 2, 13
Mid morning Snack 9am – 9.30am	Fresh Fruit Plate Milk or Water to drink	Fresh Fruit Plate Milk or Water to drink	Fresh Fruit Plate Milk or Water to drink	Fresh Fruit Plate Milk or Water to drink	Fresh Fruit Plate Milk or Water to drink
Allergens	1	1	1	1	1
Dinner 12pm – 12.30pm	Meatballs with hidden veg tomato sauce with Pasta Milk or Water to drink	Chicken, Pea and Carrot Stew with Rice Milk or Water to drink	Fish Pie with Cheese Potato topping Milk or Water to drink	Turkey and Fig Stew Pasta Milk or Water to drink	Chickpea and Coconut Curry Rice Milk or Water to drink
Allergens	1, 2, 3	1, 3	1, 7	1, 2, 3, 13	2, 13
Mid Afternoon Snack 2.30pm – 2.45pm	Jelly & Ice cream Milk or Water to drink	Apple Crumble Milk or Water to drink	Vanilla Yoghurt & strawberry and banana puree Milk or Water to drink	Granola Bar Milk or Water to drink	Carrot & Beetroot Cake Milk or Water to drink
Allergens	1,	1, 2	1	1, 2	1, 2
Tea Time 4.30pm – 5 pm	Spinach and Cheese scones Milk or Water to drink	Cooked Broccoli, Wholegrain Crackers and Yoghurt dip Milk or Water to drink	Homemade Hummus with cooked carrot and cucumber sticks	Cream cheese and Cucumber sandwich Milk or Water to drink	Brown bread, Cheese and Tomatoes Milk or Water to drink
Allergens	1, 2	1, 2	1, 2, 13	1, 2, 13	1, 2, 13

The above Menu is subject to change when new recipes are being catered for. We have a White board on our Kitchen door which will display the day's Menu for your child and the associated allergens, if any. Please note the above Menu is also catered for within our Baby room, if age appropriate. For your child's weaning stages, other snack can be provided for, with discussion with the Parents. All our facilities are egg and peanut free.

Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8am – 8.30am	Choice of Cereals Toast with butter & jam Milk or Water to drink	Choice of Cereals Toast with butter & jam Milk or Water to drink	Choice of Cereals Toast with butter & jam Milk or Water to drink	Choice of Cereals Toast with butter & jam Milk or Water to drink	Choice of Cereals Toast with butter & jam Milk or Water to drink
Allergens	1, 2, 13	1, 2, 13	1, 2, 13	1, 2, 13	1, 2, 13
Mid morning Snack 9am – 9.30am	Fresh Fruit Plate Milk or Water to drink	Fresh Fruit Plate Milk or Water to drink	Fresh Fruit Plate Milk or Water to drink	Fresh Fruit Plate Milk or Water to drink	Fresh Fruit Plate Milk or Water to drink
Allergens	1	1	1	1	1
Dinner 12pm – 12.30pm	Chilli Beef and Beans Rice Milk or Water to drink	Chicken Stroganoff Pasta Milk or Water to drink	Fish fingers, Carrot and Potato mash, baked Beans Milk or Water to drink	Lamb, Sweet potato and Coconut Curry Rice Milk or Water to drink	Vegetarian Pasta Milk or Water to drink
Allergens	Jelly & Ice cream Milk or Water to drink	Banana and Coconut bread Milk or Water to drink	Vanilla Yoghurt & Berry fruit puree Milk or Water to drink	RAW Energy balls Milk or Water to drink	Chocolate chip Brownies Milk or Water to drink
Mid Afternoon Snack 2.30pm – 2.45pm	Milk or Water to drink	Milk or Water to drink	Milk or Water to drink	Milk or Water to drink	Milk or Water to drink
Allergens	1	1, 2	1	1	1, 2
Tea Time 4.30pm – 5 pm	Brown scones with Jam and Butter Milk or Water to drink	Tuna and Sweet corn Sandwich Milk or Water to drink	Fruit couscous Milk or Water to drink	Beans on Toast Milk or Water to drink	Pepperoni Pizza Baguette Milk or Water to drink
Allergens	1, 2	1, 2, 7, 13	1, 2	1, 2, 13	1, 2

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Allergens List of Codes

1. **Milk** = people may be allergic or intolerant to milk and can trigger reactions from slight to very severe including anaphylaxis, includes milk and milk products such as butter, buttermilk, cream, cheese and yoghurt.
2. **Gluten** = People can be allergic or be intolerant (Coeliac condition), found in Gluten-containing cereals such as wheat, barley, oats and rye.
3. **Celery** = includes the stalk and the root (celeriac). People are more likely to be allergic to celeriac than the stalk but both can cause severe reactions causing redness, itching and blistering of the mouth, lips tongue or throat immediately after touching the food.
4. **Eggs** = can trigger reactions from slight to very severe including anaphylaxis, includes eggs from all species including duck, goose, turkey, quail and hens.
5. **Shellfish** = can trigger severe reactions including anaphylaxis, includes crab, lobster, prawn, langoustine and crayfish.
6. **Peanuts** = can trigger severe reactions including anaphylaxis, can be found in breakfast cereals, cakes, biscuits, peanut oil, etc
7. **Fish** = can trigger severe reactions including anaphylaxis, Anchovies are a common ingredient of sauces like Worcester sauce, Caesar salad, salad dressings and pizza toppings
8. **Tree Nuts** = can trigger severe reactions including anaphylaxis, includes almond, hazelnut, walnut, cashew, pecan nut, Brazil nut, pistachio nut, macadamia nut and Queensland nut.
9. **Sesame** = can trigger severe reactions including anaphylaxis, found in pastes and oils and sesame seeds
10. **Mustard** = comes in many forms including sprouted seeds, leaves, flowers, flour and oil. Allergy to mustard is uncommon on this island, being more prevalent on mainland Europe.
11. **Sulphur** = May trigger asthmatic attacks, (SO₂) is commonly found in wine, beer and carbonated soft drinks
12. **Lupin** = because lupin is botanically related to peanut, it contains similar allergens and can trigger anaphylaxis, so people with peanut allergy should avoid lupin products.
13. **Soybeans and Soya** = found in soya flour which is commonly found in baked goods, pastry, pasta dishes, cereals and processed meats.
14. **Molluscs** = trigger severe reactions including anaphylaxis, includes mussels, scallops, oysters, clams, snails, periwinkles, squid and Octopus.