



Week 1

Allergens Key
Gluten: G
Shellfish: SF (Crustaceans and Molluscs)
Egg: E
Fish: F
Nuts: N
Peanuts: PN
Soya: SY
Dairy: DA
Celery: CE
Mustard: MU
Sesame: SE
Sulphites: SU
Lupin: LU

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of breakfast cereals (G) (DA)	Selection of breakfast cereals (G) (DA)	Selection of breakfast cereals (G) (DA)	Selection of breakfast cereals (G) (DA)	Selection of breakfast cereals (G) (DA)
Snack	Variety of different fruits	Variety of different fruits	Variety of different fruits	Variety of different fruits	Variety of different fruits
Dinner	Tuna Pasta Bake Cucumber & Cherry Tomatoes (G) (F) (DA) Yoghurt (DA)	Chilli Con Carne & Rice (G) (DA) Yoghurt (DA)	Roast Chicken & Stuffing Roast potatoes Broccoli Cauliflower (G) Yoghurt (DA)	Turkey Bolognese Garlic Bread (DA) (G) Yoghurt (DA)	Fishcakes, new potatoes, Parsley Sauce, peas & Sweetcorn (F) (G) (SY) (DA) Yoghurt (DA)
Vegetarian Option	Pasta Bake (G)	Quorn Mince (E)	Quorn Pieces (E)	Quorn Pieces (E)	Vegetable Fingers (G)
Tea	Ploughman's Platter Crusty bread, Ham, boiled Egg Cheese & Apple (G) (DA) (E)	Tzatziki & Houmous dip Wholemeal Pitta Vegetable sticks (DA) (G) (SE)	Fruit Loaf Cheese & Apple (DA) (SY) (G)	Cheese & Crackers Vegetable Sticks (G) (DA)	Sandwich Selection & Vegetable sticks (G) (DA)



Week 2

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Sesame: SE
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	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of breakfast cereals (G) (DA)	Selection of breakfast cereals (G) (DA)	Selection of breakfast cereals (G) (DA)	Selection of breakfast cereals (G) (DA)	Selection of breakfast cereals (G) (DA)
Snack	Variety of different fruits	Variety of different fruits	Variety of different fruits	Variety of different fruits	Variety of different fruits
Dinner	Sausage Casserole, Mashed Potato & Green Beans (DA) Yoghurt (DA)	Chicken Korma & Rice (G) (DA) Yoghurt (DA)	Lasagna, Peas & Sweetcorn (G) (DA) Yoghurt (DA)	Cottage Pie, Carrots & Peas (DA) Yoghurt (DA)	Ratatouille, Cucumber & Cherry Tomatoes (G) (DA) Yoghurt (DA)
Vegetarian Option	Vegetable Fingers (G)	Quorn Chicken (E)	Quorn Mince (E)	Quorn Mince (E)	Ratatouille (G) (DA)
Tea	Fruit Loaf Cheese & Apple (DA) (SY) (G)	Buttered Crumpets (G) (DA)	Sandwich Selection & Vegetable sticks (G) (DA)	Brioche, Cream Cheese & Jam (G) (DA) (E)	Cheese & Crackers Vegetable Sticks (G) (DA)

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St Aidan's Day Nursery
 Wheatley Hills, Doncaster.

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of breakfast cereals (G) (DA)	Selection of breakfast cereals (G) (DA)	Selection of breakfast cereals (G) (DA)	Selection of breakfast cereals (G) (DA)	Selection of breakfast cereals (G) (DA)
Snack	Variety of different fruits	Variety of different fruits	Variety of different fruits	Variety of different fruits	Variety of different fruits
Dinner	Turkey Bolognese Garlic Bread (DA) (G) Yoghurt (DA)	Mediterranean Chicken & Rice (G) Yoghurt (DA)	Tuna Pasta Bake Cucumber & Cherry Tomatoes (G) (F) (DA) Yoghurt (DA)	Mince Beef Hotpot Carrot & Swede (G) Yoghurt (DA)	Fish pieces, Potato wedges Peas & Sweetcorn (G) (DA) (F) Yoghurt (DA)
Vegetarian Option	Quorn (E)	Quorn Pieces (E)	Quorn (E)	Quorn Sausage (E)	Vegetable Fingers (G)
Tea	Cheese & Tomato Pizza Cucumber and Pepper sticks (DA) (G)	Ploughman's Platter Crusty bread, Ham, boiled Egg Cheese & Apple (G) (DA) (E)	Bagels Soft Cheese & Jam (DA) (G) (S)	Selection of Wraps & Vegetable sticks (G) (DA)	Tzatziki & Houmous dip Whole meal Pitta Vegetable sticks (DA) (G) (SE)

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Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of breakfast cereals (G) (DA)	Selection of breakfast cereals (G) (DA)	Selection of breakfast cereals (G) (DA)	Selection of breakfast cereals (G) (DA)	Selection of breakfast cereals (G) (DA)
Snack	Variety of different fruits	Variety of different fruits	Variety of different fruits	Variety of different fruits	Variety of different fruits
Dinner	Cowboy bake Broccoli & Carrots (DA) Yoghurt (DA)	Lasagna, Peas & Sweetcorn (G) (DA) Yoghurt (DA)	Chilli Con Carne & Rice (G) (DA) Yoghurt (DA)	Roast Chicken & Stuffing New Potatoes Broccoli Peas & Carrots (G) Yoghurt (DA)	Mixed Pepper Pasta Bake Peas & Sweetcorn (G) (DA) Yoghurt (DA)
Vegetarian Option	Quorn (E)	Quorn Sausage (E)	Mixed Pepper Pasta Bake	Vegetable Fingers (G)	Quorn Pieces (E)
Tea	Cheese & Crackers Vegetable Sticks (G) (DA)	Selection of Wraps & Vegetable sticks (G) (DA)	Fruit Loaf Cheese & Apple (DA) (SY) (G)	Fish finger Sandwiches (F) (G) (DA)	Brioche, Cream Cheese & Jam (G) (DA) (E)