

Soya/ Legume/ Egg/ Nut free Minibugs Nurseries Ltd Autumn Menu 2019

0	Breakfast <i>Served between 7:30am and 8:45am</i>	Morning Snack <i>Served at 9:30am</i>	Children's Menu – Lunch <i>Served at 12pm</i>	Vegetarian / Halal Option	Mid Afternoon Snack <i>Served between 2pm and 2:30pm</i>	Children's Menu – Tea <i>Served at 4pm</i>	Vegetarian Option
1	<p>Choice of cereals that include Weetabix, Rice Crispies and Shreddies.</p> <p>All served with either Soya or Cow's Milk</p>	<p>Free flow snack will operate between 930am and 10am within the 0-2 and 2-5 rooms. For snack, there is a choice of toast, crumpet, muffin or pancake served with fruit and a choice of water, soya or cow's milk to drink.</p>	<p>Beef lasagne with crusty bread</p> <p><i>Mince, pasta sheets mushrooms, Onion, Passata, mixed herbs, crusty bread</i></p>	<p>Quorn lasagne with crusty bread</p> <p><i>Quorn mince, mushrooms, Onion, Passata, Mixed herbs, pasta sheets, crusty bread</i></p>	<p>Children to bake/ cook a snack</p> <p><i>Choice between: Sponge cake, flapjack, fruit salad, soups, veg kebabs etc</i></p>	<p>Chunky vegetable soup with wholemeal bread</p> <p><i>Chunky veg, herbs, stock, wholemeal bread</i></p>	Same as main menu
2			<p>Chicken tikka masala with rice and naan bread</p> <p><i>Chicken, peppers, curry powder, basmati rice, naan bread</i></p>	<p>Quorn tikka masala with rice and naan bread</p> <p><i>Quorn, peppers, curry powder, basmati rice, naan bread</i></p>	<p>Cheese and tomato pin wheels with cherry tomatoes and cucumber</p> <p><i>Tomato puree, cheese, pastry, cherry tomatoes, cucumber</i></p>	<p>Macaroni cheese with garlic bread</p> <p><i>Macaroni, cheese, cheese sauce mix, garlic bread</i></p>	Same as main menu
3			<p>Sausage casserole with mash and mixed vegetables</p> <p><i>Sausage, potatoes, mixed vegetables</i></p>	<p>Quorn sausage casserole with mash and mixed vegetables</p> <p><i>Quorn sausage, potatoes, mixed vegetables</i></p>	<p>Homemade rice pudding with jam</p> <p><i>Pudding rice, fruit jam</i></p>	<p>Homemade pitta pizzas</p> <p><i>Pitta, tomato puree, cheese, ham, sweetcorn, pepperoni</i></p>	Same as main menu
4			<p>Chicken and vegetable hot pot</p> <p><i>Chicken, mixed vegetables, potato slices</i></p>	<p>Quorn and vegetable hot pot</p> <p><i>Quorn, mixed vegetables, potato slices</i></p>	<p>Cheese and crackers with veg sticks</p> <p><i>Cheese, crackers, butter, cherry tomatoes, cucumber</i></p>	<p>Loaded potato wedges with tomato dip</p> <p><i>Potatoes, tomatoes, lemon juice, mixed herbs</i></p>	Same as main menu
5			<p>Fish pie, carrots and broccoli</p> <p><i>White fish pie, carrots, broccoli</i></p>	<p>Same as main menu</p> <p><i>White fish pie, carrots, broccoli</i></p>	<p>Lemon sponge cake</p> <p><i>plain flour, baking powder, butter, sugar, lemon juice, pint milk</i></p>	<p>Homemade vegetable quiche with baked beans</p> <p><i>Egg, peppers, cheese, baked beans</i></p>	Same as main menu

*For Lunch & Tea - Please see the daily menu for details of meals provided, fruit is served after lunch and all dietary needs are catered for and alternative ingredients will be used to ensure these needs are met. However, children will still be served a dish that is similar in appearance to the main children's menu. All children are offered a drink of fresh water at lunchtime in an age appropriate cup.

**Menu for 9 months +