



# Fawley Independent Day Nursery



Week 2	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>Breakfast</b>	Fruit toast and cereal Cereals – Wheat, Barley, Milk Fresh fruit	Blueberry muffins - Wheat Cereals – Wheat, Barley, Milk Fresh fruit	Boiled egg - Egg Toast – Wheat, Soya, Buttermilk Fresh fruit	Fruit yogurt – Milk, Cream Toast – Wheat, Soya, Buttermilk Cereals – Wheat, Barley, Milk	Fruit toast – Wheat, Soya, Buttermilk Cereals – Wheat, Barley, Milk Fresh fruit
<b>Lunch</b>	Ham & cheese pizza – Wheat, Milk, Buttermilk Homemade wedges Salad	Gourmet chicken burgers, potato wedges and baked beans– Wheat, Gluten	Sausages, mashed potato, peas and gravy	Meatballs in tomato Spaghetti – Wheat, Gluten Garlic bread – Wheat, Buttermilk	Roast chicken, root vegetables, roast potatoes and Yorkshire puddings.
<b>Dairy Free</b>	As above	As above	As above	As above	As above without Yorkshire pudding
<b>Pudding</b>	Yoghurts - Milk	Jelly Ice cream – Milk	Oaty fruit slice - Oats	Strawberries & sorbet	Summer fruit crunch with ice cream
<b>Diary Free</b>	Diary free rice pudding	Jelly and fruit	Mixed fruit Soya dessert – Maltodextrin, Soya	As above	Soya puddings – Maltodextrin, Soya
<b>Tea</b>	Spaghetti - Wheat Toast – Wheat, Soya, Buttermilk	Crumpets – Egg, Milk, Wheat, Buttermilk Fruit	Cheese and ham wraps – Milk & Wheat Tomatoes & cucumber batons	Sandwiches – Wheat, Soya, Buttermilk Mixed fillings - Milk	Hot dogs
<b>Pudding</b>	Fruit selection	Melon & grapes	Banana custard - Milk	Yoghurts – milk, cream	Fresh fruit salad