



# Fawley Independent Day Nursery



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Breakfast muffins – Wheat, Buttermilk Cereals – Wheat Barley, Milk and fresh fruit	Toast – Wheat, Soya, Buttermilk Cereals – Wheat, Barley, Milk Fresh fruit	Bagels with a choice of spreads - Cereals – Wheat, Barley, Milk Fresh fruit	Toast –Wheat, Soya, Buttermilk Cereals – Wheat, Barley, Milk Fresh fruit	Croissants – Wheat, Egg Cereals – Wheat, Barley, Milk Fresh fruit
<b>Lunch</b>	Ham and cheese Tagliatelle with peas– Wheat, Gluten, dairy	Chicken with roasted root vegetables, gravy and peas	Pork bolognaise Pasta twists – Wheat, Gluten Garlic bread – Wheat, Buttermilk	Sausages Wedges and beans	Fish fingers – Wheat, Gluten Spaghetti hoops & wedges
<b>Dairy Free</b>	As above	As above	As above	As above	As above
<b>Pudding</b>	Fruit selection	Peach melba	Lemon fingers	Apple crunch with cold custard	Fruity jelly
<b>Diary Free</b>	Soya dessert – Maltodextrin, Soya	Peach with Soya dessert – Maltodextrin, Soya	As above	Apple crunch with Soya dessert – Maltodextrin, Soya	As above
<b>Tea</b>	Wraps – Wheat Choice of fillings - Milk	Sandwich selection– Wheat, Gluten, Milk	Fruit bread – Wheat, Soya, Buttermilk	Pitta bread pizza – Wheat, Milk Salad	Hot dogs – Wheat, Milk, Buttermilk
<b>Pudding</b>	Yoghurts	Ice cream	Melon and grapes	Yoghurts – Milk, Cream	Fruit platter