



Fawley Independent Day Nursery



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Sausages – Wheat, Metabisulphate Beans – Maltodextrin, Wheat Cereals – Wheat, Barley, Milk Fresh fruit	Croissants- Gluten, Milk Cereals – Wheat, Barley, Milk Fresh fruit	Crumpets – Wheat, Egg, Milk, Buttermilk Cereals – Wheat, Barley, Milk fresh fruit	Toast – Wheat, Soya Cereals – Wheat, Barley, Milk Fresh fruit	Bagels with a choice of spreads Cereals – Wheat, Barley, Milk Fresh fruit
Lunch	Fruity chicken korma Naan Bread Brown Rice – Wheat, Gluten	Tuna & Sweetcorn wholemeal pasta salad	Chicken goujons, wedges and beans	Roast chicken, potatoes and vegetables	Sausage plait – Wheat, Metabisulphate, Cereal, Egg New potatoes and broccoli
Dairy Free	As above	As above	As above	As above	As above
Pudding	Fruit platter	Banana pudding – Egg, Wheat custard	Flapjack	Fruity jelly	Apricot stir about
Diary Free	As above	As above	Fruit or dairy free yoghurt	Raspberry puree with soya dessert	As Above
Tea	Sandwiches – Wheat, Soya, Buttermilk Mixed fillings - Milk Tomato and cucumber batons	Ham and cheese rolls, cucumber and tomato	Hot dogs	Ravioli & cheese on top	Ploughmans
Pudding/Cooking task	Melon & grapes	yoghurts Milk	Fresh fruit	Fresh fruit	Yoghurts – Milk, Cream