

MENU SUMMARY

Autumn / Spring Term (September to March)

LUNCH MENU	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Pork & Aubergine Rigatoni	Vegetable Curry (sweet potato, chick pea, spinach) Rice	Turkey & Ham Crumble, potato wedges & broccoli	Beef Lasagne	Herb cream cheese, sourdough crumb topped Salmon , new potatoes, sweetcorn
Week 2	Beef Stroganoff, rice	Tuna pasta bake	Gammon Dauphinoise, peas & sweetcorn	BlackBean & Tofu Chilli, jacket potatoes	Chicken & basil penne
Week 3	Turkey burger pasta bake	Roast Chicken dinner	Macaroni Cheese	Tuscan Salmon with rice	Finest / traditional Pork sausages, or This Isn't Pork sausages, mash & peas with onion gravy
Week 4	Veggie sausage pie, mash & kale	Homemade Beef meatball with pasta	Fish Pie, green beans, mash potato	Chorizo Gnocci	Chicken Thai Green Curry

TEA MENU	Monday	Tuesday	Wednesday	Thursday	Charcuterie Friday!
Week 1	Chicken Sandwiches	Ham Focaccia	Cream Cheese Baguette	Tuna Sandwiches on seeded sliced bread	Cheeses & sliced meat with cracker selection,, cucumber, pickles
Week 2	Herta Hot dogs , organic tomato sauce in white part baked rolls	Sliced chicken on soft rolls	Sardine sandwiches on 4 seed bread	Ham & cheese spread bagels	Cheeses & sliced meat with cracker selection,, cucumber, pickles
Week 3	Houmous & cucumber sandwiches with seeded bread	Tuna tiger baguette	Ham & cheese croissants	Chicken sandwich thins	Cheeses & sliced meat with cracker selection,, cucumber, pickles
Week 4	Pastrami Rolls – soft white	Cheese spread wraps with tzatziki	Chicken focaccia	Ham sandwiches on medium sliced wholemeal	Cheeses & sliced meat with cracker selection,, cucumber, pickles

Please refer to the notes below that shares more detail of the quality of the products we do our best to use in creating our menus

Menu Notes – please read

Our suppliers are:

Tesco in the main, some products from Ocado. We also source from:

[Abel & Cole](#), [Riverford](#), [Celtic Fish & Game](#), [LoveGrass](#),

Quality

Where we can, we prefer to buy organic / biodynamic, from the farm, homegrown herbs, tomatoes, potatoes, grass fed, wild caught products

We try and avoid products containing 'E' numbers and prefer to choose products with natural ingredients

We use olive oil and never seed oils. We use butter and never margarine.

We are reviewing the 'free milk' we receive from NMRU and are considering buying our own organic milk instead. Serving raw milk is not an option for us as we are prohibited by The Food Standards Agency from serving unpasteurised milk to young children.*

Our vegan products are sourced for the highest level of natural ingredients, we prefer pea protein as opposed to soy based products.

Recent research into folic acid and the detrimental affects on young children eating 'fortified' breakfast cereals led us to consider alternatives.

Our cereal options are listed in the breakfast column. If children will only eat what they are familiar with, we will continue to stock some fortified cereals.

In this context, we have recently obtained [Ethiopian Teff](#) grain products that are also naturally gluten free, We will start by offering children tastes of [three products](#) at snack in the morning or an additional snack in the late afternoon, before taking any decision to use as a main breakfast option.

If you want to know more about the risks of fortified cereal products please take the time to [watch this video](#) (51:36m) and [this video](#) (59m) for a thorough explanation of the relationship between **folic acid** and **risk factors for neurodiverse conditions like autism, ADD, ADHD etc.**

**The Nursery Milk Scheme is operated by the Nursery Milk Reimbursement Unit (NMRU) on behalf of the Department of Health and Social Care and Welsh Government. It entitles children under 5 years who attend approved day care facilities to receive 189ml (1/3 pint) of milk each day, free of charge.*