



FIRST STEPS NURSERY

Weekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jacket Potato with Cheese and Beans Milk	Sausages in Onion Gravy, Mash Potato and Peas Wheat, Milk	Fish Pie with Mixed Vegetables Milk, Fish, Mustard	Beef Lasagne with Peas Wheat, Milk	Fishcakes, Sauté Potatoes and Beans Wheat, Fish
Vegetarian	Jacket Potato with Cheese and Beans Milk	Vegetarian Hotpot with Peas Egg	Vegetarian Cottage Pie and Mixed Vegetables Milk, Egg, Barley	Vegetable Lasagne with Peas Wheat, Milk	Vegetable Quiche, Sauté Potatoes and Beans Milk, Eggs, Wheat
Dietary Requirements	Jacket Potato with Beans	Chicken, Coconut and Mixed Dal with Basmati Rice Mustard, Celery	Spicy Bean Casserole	Provencale Vegetable Bake	Tindoora and Whole Moong Dal with Basmati Rice (Tropical Fruit and Green Lentil Dal) Mustard
Dessert	Yoghurt or Jelly* Milk or Vegan	Yoghurt or Jelly* Milk or Vegan	Yoghurt or Jelly* Milk or Vegan	Yoghurt or Jelly* Milk or Vegan	Yoghurt or Jelly* Milk or Vegan
Snack Option 1	Chicken Mayo Wholemeal Wraps, Carrots and Harvest Snaps Gluten, Soya, Egg, Milk	Tomato and Sweetcorn Pasta with a Sprinkling of Cheese (V) (P) Wheat, Milk	Cheese and Chive Potato Salad, Cucumber Sticks and Pitta Bread Gluten, Soya, Egg, Milk	Crackers, Soft Cheese and Pepper Sticks (V) (P) Gluten, Milk	Cheese and Tomato Pizza and Cucumber Sticks (V) (P) Gluten, Milk
Snack Option 2	Quorn and Vegan Mayonnaise Free From Wraps, Carrots and Harvest Snaps	As above with Gluten Free Pasta and Vegan Cheese	Vegan Mayo Potato Salad, Free From Pittas and Cucumber Sticks	Free From Crackers and Vegan Soft Cheese	Free From Pizza and Cucumber Sticks

*Allergen option only