



Fawley Independent Day Nursery



Week1	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Breakfast	Toast – Wheat, Soya, Buttermilk Cereals – Wheat, Barley, Milk Fresh fruit	Breakfast muffins – wheat, buttermilk Cereals –Wheat, Barley, Milk Fresh fruit	Scrambled egg - Egg Toast – Wheat, Soya Cereals – Wheat, Barley, Milk Fresh fruit	Crumpets – Wheat, Egg, Milk, Buttermilk Cereals – Wheat, Barley, Milk Fresh fruit	Croissants – Wheat, Egg Cereals – Wheat, Barley, Milk Fresh fruit
Lunch	Chicken and tomato Fagioli with sweetcorn – Wheat, Gluten	Fruity chicken korma & naan bread	Roast chicken, roast potatoes,vegetables & Yorkshire puddings Gravy – Wheat, Gluten, Soya	Sausages – Wheat, Metabisulphate Mash - milk Baked beans – Maltodextrin, Wheat	Tuna and Broccoli risotto – Wheat, Gluten, egg
Dairy Free/ Vegetarian	Tomato pasta – Wheat, Gluten Broccoli and sweet corn	As above	As above	As above	As above
Pudding	Waffle – Wheat, Egg, Milk Ice cream – Milk, Cream	Banana cake – Wheat, Egg, Buttermilk	Fruit cocktail	Fruit sponge & custard – Wheat, Egg, Buttermilk	Shortbread slice – Wheat, Buttermilk
Diary Free	Soya dessert – Maltodextrin, Soya	Soya dessert – Maltodextrin, Soya	As above	As above	As above
Tea	Ham finger rolls – Wheat, Soya, Buttermilk, Milk Cucumber & tomato	Baked beans – Maltodextrin, Wheat Toast – Wheat, Soya	Wraps - Wheat A variety of fillings - Milk	A selection of Sandwiches– wheat, gluten, milk	Pitta bread pizzas – Wheat, Milk Cucumber & tomato
Pudding/Cooking Task	Fresh fruit	Apples and pears	Yoghurts – Milk, cream	Grapes & pear	Melon & grapes