



Fawley Independent Day Nursery



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	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
Lunch	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
Dairy Free	As above	As above	As above	As above	As above
Pudding	Fruit selection	Peach melba	Lemon fingers	Apple crunch with cold custard	Fruity jelly
Diary Free	Soya dessert – Maltodextrin, Soya	Peach with Soya dessert – Maltodextrin, Soya	As above	Apple crunch with Soya dessert – Maltodextrin, Soya	As above
Tea	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
Pudding	Yoghurts	Ice cream	Melon and grapes	Yoghurts – Milk, Cream	Fruit platter