Shofar Daycare Nursery Menu					
Week 1	Shreddies with milk	Porridge with half slices	Boiled Eggs	Weetabix with milk and	Toast with Vitalite
Breakfast	Or Rice Crispies (pre- school) Portion of plum	banana & cinnamon (optional)	Toast Melon (Three colours)	raisins	Preschool only options: with a little honey/ Marmite Portion of banana
Morning snack	Fruit (2 portions) Apples & Banana Water and milk	Melon (Three colours) Water and milk	Fruit (2 portions) Apples & Pears Water and milk	Fruit (2 portions) Pears & Plums Water and milk	Fruit (2 portions) Apples & Pears Water and milk
Lunch	Vegetable curry with rice	Roasted vegetable lasagne	Chicken Penne Pasta	Shepherd's pie	Jacket potato with tuna
Side	Cherry tomatoes	Cucumber	Broccoli	Cucumber	Sweetcorn
Dessert	Fresh fruit	Pineapple cake	Fresh fruit	Fruity yoghurt	Strewed fruit
Afternoon snack	Cream cheese spread on rice cakes Water and milk	Carrot sticks & Cucumber Hummus Water and milk	Breadsticks Cherry tomatoes Water and milk	Celery/Pepper & Cucumber Hummus Water and milk	Berry compote (no sugar) Water and milk
Tea	Pasta Bake Satsuma	Fish fingers, mash and peas Satsuma	Vegetable soup with bread Satsuma	Egg fried rice with sweetcorn Satsuma	Falafel with hummus, pita and cucumber Satsuma
Wook 2	Shreddies with milk	Porridge with half slices	Boiled Eggs	Weetabix with milk and	Toast with Vitalite
Week 2 Breakfast	Or Rice Crispies (pre- school) Portion of plum	banana & cinnamon (optional)	Toast Melon (Three colours)	raisins	Preschool only options: with a little honey/ Marmite Portion of banana
Morning snack	Fruit (2 portions) Apples & Banana Water and milk	Melon (Three colours) Water and milk	Fruit (2 portions) Apples & Pears Water and milk	Fruit (2 portions) Pears & Plums Water and milk	Fruit (2 portions) Apples & Pears Water and milk
Lunch	Fish goujons with	Shepherd's pie	Jacket potato with cheese	Chilli con carne with rice	Chicken risotto
Side	basmati rice French beans	Peas	Baked Beans	Sweetcorn	Cucumber
Dessert	Fresh fruit	Vanilla Rice pudding	Apple pudding with custard	Fruit compote	Fresh fruit
Afternoon snack	Cream cheese spread on rice cakes	Carrot sticks & Cucumber Hummus	Breadsticks Cherry tomatoes	Celery/Pepper & Cucumber Hummus	Berry compote (no sugar)
- CilaGit	Water and milk Pizza	Water and milk Sandwiches with tuna,	Water and milk Vegetable soup with	Water and milk Pasta bake	Water and milk Falafel with hummus, pita
Tea	With edamame beans Satsuma	cream cheese, egg mayonnaise & cucumber Satsuma	bread Satsuma	Satsuma	and cucumber Satsuma
Week 3	Shreddies with milk	Porridge with half slices	Boiled Eggs	Weetabix with milk and	Toast with Vitalite
Breakfast	Or Rice Crispies (pre- school) Portion of plum	banana & cinnamon (optional)	Toast Melon (Three colours)	raisins	Preschool only options: with a little honey/ Marmite Portion of banana
Morning snack	Fruit (2 portions) Apples & Banana Water and milk	Melon (Three colours) Water and milk	Fruit (2 portions) Apples & Pears Water and milk	Fruit (2 portions) Pears & Plums Water and milk	Fruit (2 portions) Apples & Pears Water and milk
Lunch	Salmon pasta bake	Chicken penne pasta	Risotto with meatballs	Jacket potato with cheese	Shepherd's Pie
Side	Cucumber	Carrots	Broccoli	Baked Beans	Cherry tomatoes
Dessert	Carrot cake with custard	Fresh fruit	Fruity yoghurt	Stewed fruit	Fresh fruit
Afternoon snack	Cream cheese spread on rice cakes Water and milk	Carrot sticks & Cucumber Hummus Water and milk	Breadsticks Cherry tomatoes Water and milk	Celery/Pepper & Cucumber Hummus Water and milk	Oat cakes Berry compote (no sugar) Water and milk
Tea	Borekas with tomatoes	Egg fried rice with sweetcorn	Vegetable soup with bread	Pasta bake	Falafel with hummus, pita and cucumber
10/10/10/10	Satsuma Shrodding with milk	Satsuma	Satsuma	Satsuma Westshiv with milk and	Satsuma Taget with Vitalite
Week 4	Shreddies with milk Or Rice Crispies (pre-	Porridge with half slices banana & cinnamon	Boiled Eggs Toast	Weetabix with milk and raisins	Toast with Vitalite Preschool only options:
Breakfast	school) Portion of plum	(optional)	Melon (Three colours)	Funds (Our anti-our)	with a little honey/ Marmite Portion of banana
Morning snack	Fruit (2 portions) Apples & Banana Water and milk	Melon (Three colours) Water and milk	Fruit (2 portions) Apples & Pears Water and milk	Fruit (2 portions) Pears & Plums Water and milk	Fruit (2 portions) Apples & Pears Water and milk
Lunch	Pasta with tuna	Egg fried rice with sweetcorn	Jacket potato with cheese	"Veggie balls" in a rich tomato sauce with Spaghetti	Fish Goujons with mash
Side	Sweetcorn	Cherry tomatoes	Baked Beans	Cucumber	Peas
Dessert	Apple crumble with custard	Fresh fruit	Fruity yoghurt	Fruit compote	Fresh fruit
Afternoon snack	Cream cheese spread on rice cakes Water and milk	Carrot sticks & Cucumber Hummus Water and milk	Breadsticks Cherry tomatoes Water and milk	Celery/Pepper & Cucumber Hummus Water and milk	Berry compote (no sugar) Water and milk
Tea	Chicken risotto	Pasta bake	Vegetable soup with bread	Pizza With edamame beans	Sandwiches with salmon, cream cheese, egg mayonnaise & cucumber
	Satsuma	Satsuma	Satsuma	Satsuma	Satsuma