Shofar Daycare Nursery Menu with replacements for children with allergies/ intolerances								
Week 1	Shreddies with milk (oatmilk)	Porridge with half slices	Boiled Eggs	Weetabix with milk (oatmilk)	Toast (GF) with vitalite and			
Breakfast	Or rice crispies (pre-school only) (GF Ricesnaps)	banana (cinnamon if they want) (Made with oatmilk)	Toast Melon (Three colours)	and raisins (GF Bran flakes)	Preschool only: with a little honey or Marmite if children			
Dieakiasi	Portion of plum	(GF Cereal)	(Just toast, GF Toast)	-	want. Portion of banana			
Morning	Fruit (2 portions) Apples & Banana	Melon(Three colours)	Fruit (2 portions) Apples & Pears	Fruit (2 portions) Pears and plum	Fruit (2 portions) Apples & pears			
snack	Water and milk (oatmilk)	Water and milk (oatmilk)	Water and milk (oatmilk)	Water and milk (oatmilk)	Water and milk (oatmilk)			
Lunale	Vegetable curry with rice	Roasted vegetable lasagne	Chicken Penne Pasta	Shepherd's pie	Jacket potato with tuna			
Lunch	(Versions free of lentils, tomato, pepper)	(Versions free of cheese, gluten, tomato, pepper)	(Pulses <mark>, GF pasta, no tomato)</mark>	(Pulses, GF , no tomato)	(Mayo free tuna)			
Side	Cherry tomatoes (Cucumber)	Cucumber	Broccoli	Cucumber	Sweetcorn			
Dessert	Fresh fruit	Pineapple cake	Fresh fruit	Fruity yoghurt	Strewed fruit			
	Cream cheese (hummus)	(Baked egg in cake, GF cake) Carrot sticks & Cucumber	Breadsticks (GF/ Rice cake)	(dairy-free yoghurt)  Celery/pepper & Cucumber	Oat cakes (Rice cake)			
Afternoon	spread on rice cakes	Hummus (cream cheese)	Cherry tomatoes (Cucumber)	Hummus (cream cheese)	Berry compote (no sugar)			
snack	Water and milk (oatmilk)	Water and milk (oatmilk)	Water and milk (oatmilk)	Water and milk (oatmilk)	Water and milk (oatmilk)			
	Pasta Bake (Pulses, GF, no tomato)	Fish fingers, mash and peas (GF fish fingers)	Vegetable soup with bread	Egg fried rice with sweetcorn (chickpeas)	Falafel with hummus, pita and cucumber			
Tea			(GF bread, allergen free)	( )	(GF falafel & pita, sesame			
	Satsuma	Satsuma	Satsuma	Satsuma	free falafel & hummus) Satsuma			
Week 2	Shreddies with milk (oatmilk)	Porridge with half slices	Boiled Eggs	Weetabix with milk (oatmilk)	Toast (GF) with vitalite and			
WCCK Z	Or rice crispies (pre-school	banana (cinnamon if they	Toast	and raisins	Preschool only: with a little			
Breakfast	only) <mark>(GF Ricesnaps)</mark> Portion of plum	want) (Made with oatmilk) (GF Cereal)	Melon (Three colours) (Just toast, GF Toast)	(GF Bran flakes)	honey or Marmite if children want. Portion of banana			
Morning	Fruit (2 portions)	Melon(Three colours)	Fruit (2 portions)	Fruit (2 portions)	Fruit (2 portions)			
snack	Apples & Banana	Motor and will to the U.S.	Apples & Pears	Pears and plum	Apples & pears			
	Water and milk (oatmilk)  Fish goujons with	Water and milk (oatmilk) Shepherd's pie	Water and milk (oatmilk)  Jacket potato with cheese (no	Water and milk (oatmilk) Chilli con carne with rice	Water and milk (oatmilk) Chicken risotto			
Lunch	basmati rice (GF goujons)	(Pulses, GF, no tomato)	cheese)	(Pulses, GF, no tomato)	(Pulses, no tomato)			
Side	French beans	Peas	Baked Beans (plain beans – no tomato)	Sweetcorn	Cucumber			
	Fresh fruit	Vanilla Rice pudding	Apple pudding with custard	Fruit compote	Fresh fruit			
Dessert		(dairy free)	(Baked egg in cake, GF cake)	·				
Aftornoon	Cream cheese (hummus)	Carrot sticks & Cucumber	(no custard – egg & dairy)  Breadsticks (GF/ Rice cake)	Celery/pepper & Cucumber	Oat cakes (Rice cake)			
Afternoon	spread on rice cakes	Hummus (cream cheese)	Cherry tomatoes (Cucumber)	Hummus (cream cheese)	Berry compote (no sugar)			
snack	Water and milk (oatmilk)	Water and milk (oatmilk) Sandwiches with tuna, cream	Water and milk (oatmilk)	Water and milk (oatmilk)  Pasta bake	Water and milk (oatmilk) Falafel with hummus, pita and			
	Pizza With edamame beans	cheese, egg mayonnaise &	Vegetable soup with bread (GF bread, allergen free)	(Pulses, GF, no tomato)	cucumber			
Tea	(Versions free of cheese,	cucumber	, ,		(GF falafel & pita, sesame			
	gluten, tomato, pepper) Satsuma	(GF bread, mayo free) Satsuma	Satsuma	Satsuma	free falafel & hummus) Satsuma			
Week 3	Shreddies with milk (oatmilk)	Porridge with half slices	Boiled Eggs	Weetabix with milk (oatmilk)	Toast (GF) with vitalite and			
	Or rice crispies (pre-school	banana (cinnamon if they	Toast	and raisins	Preschool only: with a little			
Breakfast	only) <mark>(GF Ricesnaps)</mark> Portion of plum	want) (Made with oatmilk) (GF Cereal)	Melon (Three colours) (Just toast, GF Toast)	(GF Bran flakes)	honey or Marmite if children want. Portion of banana			
Morning	Fruit (2 portions)	Melon(Three colours)	Fruit (2 portions)	Fruit (2 portions)	Fruit (2 portions)			
snack	Apples & Banana Water and milk (oatmilk)	Water and milk (oatmilk)	Apples & Pears Water and milk (oatmilk)	Pears and plum Water and milk (oatmilk)	Apples & pears Water and milk (oatmilk)			
Lunch	Salmon pasta bake	Chicken penne pasta	Risotto with meatballs	Jacket potato with cheese (no	Shepherd's Pie			
Lunch	(GF, dairy free)	(Pulses, GF, no tomato)	(Pulses, GF, no tomato)	<mark>cheese)</mark>	(Pulses, GF, no tomato)			
Side	Cucumber	Carrots	Broccoli	Baked Beans (plain beans – no tomato)	Cherry tomatoes (cucumber)			
_	Carrot cake with custard	Fresh fruit	Fruity yoghurt	Stewed fruit	Fresh fruit			
Dessert	(Baked egg in cake, GF cake) (no custard – egg & dairy)		(dairy-free)					
Afternoon	Cream cheese (hummus)	Carrot sticks & Cucumber	Breadsticks (GF/ Rice cake)	Celery/pepper & Cucumber	Oat cakes (Rice cake)			
snack	spread on rice cakes	Hummus (cream cheese)	Cherry tomatoes (Cucumber)	Hummus (cream cheese)	Berry compote (no sugar)			
Jilaok	Water and milk (oatmilk)  Borekas	Water and milk (oatmilk)  Egg fried rice with sweetcorn	Water and milk (oatmilk)  Vegetable soup	Water and milk (oatmilk)  Pasta bake	Water and milk (oatmilk) Falafel with hummus, pita and			
_	with tomatoes	(chickpeas)	with bread	(Pulses, GF, no tomato)	cucumber			
Tea	(GF sandwich, cucumber)		(GF bread, allergen free)		(GF falafel & pita, sesame free falafel & hummus)			
	Satsuma	Satsuma	Satsuma	Satsuma	Satsuma			
Week 4	Shreddies with milk (oatmilk)	Porridge with half slices	Boiled Eggs	Weetabix with milk (oatmilk)	Toast (GF) with vitalite and			
	Or rice crispies (pre-school only) (GF Ricesnaps)	banana (cinnamon if they want) (Made with oatmilk)	Toast Melon (Three colours)	and raisins (GF Bran flakes)	Preschool only: with a little honey or Marmite if children			
Breakfast	Portion of plum	(GF Cereal)	(Just toast, GF Toast)	-	want. Portion of banana			
Morning	Fruit (2 portions)	Melon(Three colours)	Fruit (2 portions)	Fruit (2 portions)	Fruit (2 portions)			
snack	Apples & Banana Water and milk (oatmilk)	Water and milk (oatmilk)	Apples & Pears Water and milk (oatmilk)	Pears and plum Water and milk (oatmilk)	Apples & pears Water and milk (oatmilk)			
	Pasta with tuna	Egg fried rice with sweetcorn	Jacket potato with cheese (no	"Veggie balls" in a rich tomato	Fish Goujons with mash			
Lunch	(GF, no mayo)	(chickpeas)	<mark>cheese)</mark>	sauce with Spaghetti (Pulses, GF, no tomato)	(GF goujons)			
Side	Sweetcorn	Cherry tomatoes	Baked Beans	Cucumber	Peas			
Side	Apple of the state	(Cucumber)	(plain beans – no tomato)	Facility	Freel (m/)			
Dessert	Apple crumble with custard (GF cake)	Fresh fruit	Fruity yoghurt (dairy-free)	Fruit compote	Fresh fruit			
DOGGET	(no custard – egg & dairy)							
Afternoon	Cream cheese (hummus)	Carrot sticks & Cucumber	Breadsticks (GF/ Rice cake)	Celery/pepper & Cucumber	Oat cakes (Rice cake)			
snack	spread on rice cakes Water and milk (oatmilk)	Hummus (cream cheese) Water and milk (oatmilk)	Cherry tomatoes (Cucumber) Water and milk (oatmilk)	Hummus (cream cheese) Water and milk (oatmilk)	Berry compote (no sugar) Water and milk (oatmilk)			
	Chicken risotto	Pasta bake	Vegetable soup	Pizza	Sandwiches with salmon,			
	(D			With edamame beans	cream cheese, egg			
Tea	(Pulses, no tomato)	(Pulses <mark>, GF,</mark> no tomato)	with bread (GF bread allergen free)	The state of the s				
Tea	(Pulses, no tomato)	(Pulses, GF, no tomato)	(GF bread, allergen free)	(Versions free of cheese, gluten, tomato, pepper)	mayonnaise & cucumber (GF bread, mayo free)			

Allergies/ Dietary Requirements colour code – alternatives highlighted above							
No Dairy	No running cow's milk	Can only have baked egg	No egg at all	Gluten			
No Meat	Sesame	Soya	Other Allergies/ Intolerances				