ASHFIELD HOUSE DAY NURSERY

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| WEEK 1 |  |  |  |  |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **Snack**  Apples and Bananas | **Snack**  Oranges and Pears | **Snack**  Peaches and Apricots | **Snack**  Plum and Raisins | **Snack**  Mango and Grapes |
| **Lunch**  Butternut Squash Risotto with Mushrooms, Peas, Leek and Onion  **Pudding**  Spotted Dick with Custard | **Lunch**  Lamb Hot Pot with Carrots, Onions, Mushrooms and Courgette topped with Potatoes  **Pudding**  Lemon Cheesecake | **Lunch**  Roast Quorn Chicken Pieces with Sweetcorn, Carrots and Peas with a Yorkshire Pudding  **Pudding**  Natural yoghurt with Puréed Berries | **Lunch**  Creamy Fish Pie with Brocoli, cauliflower and Sweetcorn, topped with Mashed Potatoes  **Pudding**  Banana Oatmeal Muffins | **Lunch**  Beef Chilli with Onions, Kidney Beans, Mushrooms and Tomatoes, served with Pita Bread  **Pudding**  Apple Crumble and Custard |
| **Snack**  Peppers Sticks and Tomatoes | **Snack**  Crackers and Soft Cheese | **Snack**  Breadsticks and Hummus | **Snack**  Carrot Sticks with Soured Cream | **Snack**  Carrot and Cucumber sticks |
| **Tea**  Cheese on Toast with Beans  **Pudding**  Fairy Cakes | **Tea**  Omelette with Chopped Tomatoes  **Pudding**  Banana Split Pudding | **Tea**  Leek and Potato Soup with Toast fingers  **Pudding**  Courgette Muffins | **Tea**  Filo Pastry Pizza with Mediterranean Vegetables  **Pudding**  Petit Filous | **Tea**  Cheesy Tuna and Sweetcorn Melts  **Pudding**  Blancmange |

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| WEEK 2 |  |  |  |  |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **Snack**  Peaches and Apricots | **Snack**  Apples and Raisins | **Snack**  Pineapple and Orange | **Snack**  Pear and Bananas | **Snack**  Grapes and Plums |
| **Lunch**  Tuna Pasta Bake with Sweetcorn, Onion and Peas, served with Garlic Bread.  **Pudding**  Angel-Delight Cheesecake | **Lunch**  South African Quorn Chicken Curry with Onions, Peas, Sweet Potatoes and Garlic  **Pudding**  Eves Pudding and Custard | **Lunch**  Root Vegetable and Bean Cassoulet with Onions, Peppers, Tomatoes, Carrots and Kidney Beans, served with Mash  **Pudding**  Rice Pudding and Peach Puree | **Lunch**  Beef Casserole with Carrots, Onions, Tomatoes, Courgette and Garlic, served with Mashed Potatoes  **Pudding**  Chocolate Sponge and Custard | **Lunch**  Mild Chicken Curry with Onions, Peppers, Potato and Garlic, served with Rice  **Pudding**  Lemon Posset with Biscuit topping |
| **Snack**  Toast and Marmite | **Snack**  Carrot and Cucumber Sticks | **Snack**  Rice Cakes with Soft Cheese | **Snack**  Bread Sticks and Hummus | **Snack**  Peppers Sticks and Tomatoes |
| **Tea**  Tomato and Mozzarella Bruschetta  **Pudding**  Slow Cooker Poached Pears with Crème Fresh | **Tea**  Mixed Vegetable Puff Pastry Tray Bake with Cheese  **Pudding**  Homemade Frozen Yoghurt lollies | **Tea**  Chicken and Cheese Quesadillas  **Pudding**  Peaches and Ice Cream | **Tea**  Seasonal Vegetable Soup with Toast Fingers  **Pudding**  Oat and Raisin Biscuits | **Tea**  Bagels with Cream Cheese and Chive topping  **Pudding**  Angel Delight |

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| WEEK 3 |  |  |  |  |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **Snack**  Oranges and Pears | **Snack**  Apples and Raisins | **Snack**  Plums and Apricots | **Snack**  Apples and Grapes | **Snack**  Bananas and Peaches |
| **Lunch**  Cottage Pie made with Minced Beef and Lentils, Onions, Carrots, and Mushrooms, topped with Cheesy Mash  **Pudding**  Vanilla Sponge with Chocolate Custard | **Lunch**  Creamy Fish Bake with Sweetcorn, Spinach and Leeks, served with Mashed Potatoes  **Pudding**  Frozen Berry Mousse | **Lunch**  Moroccan Lamb Curry with Apricots and Raisins, served with Cous-cous  **Pudding**  Bread and Butter Pudding with Custard | **Lunch**  Chicken and Tomato Pasta Bake with Onions, Peppers and Garlic, served with Garlic Bread  **Pudding**  Semolina | **Lunch**  Caribbean Quorn Chicken Stew with Onions, Peppers, Mushrooms and Pineapple  **Pudding**  Homemade Frozen Yoghurt lollies |
| **Snack**  Pitta Bread fingers and Raita | **Snack**  Peppers Sticks and Tomatoes | **Snack**  Carrot and Cucumber Sticks | **Snack**  Crackers and Soft Cheese | **Snack**  Toast and Marmite |
| **Tea**  Macaroni cheese with Broccoli and Cauliflower  **Pudding**  Petit Filous | **Tea**  Cheese and Tomato Crumpets  **Pudding**  Banana Bread | **Tea**  Mini Lentil and Vegetable Pasties with Baked Beans  **Pudding**  Natural Yoghurt with Granola | **Tea**  Scrambled Egg and Toast Fingers  **Pudding**  Chocolate Brownies | **Tea**  Jacket Potato with Beef Chilli  **Pudding**  Ice Cream Sandwiches |

Allergen Warnings

Traces of Celery or Celery Salt can be found in some of the ingredients used in our cooking on a daily basis.

These items include; Marmite, Vegetable Stock Cubes and also be found in some of the Herbs and Spices we use.

Inclusive of the Spices we use, traces of Mustard, and Mustard Seeds can be found in such products as Curry Powder.

We don’t have any Nuts or Nut based products on site, due to the risk of potential unknown allergies to such food products. However some of our ingredients have labels which read ‘may contain nuts’.

Such as Cereals and Breads. However these are only precautionary labels.

Similarly Seeds are not used in the Nursery for the same reasons.

Flour, Bread, Pasta and Pastry may contain Lupin. Although allergies to Lupin are very rare some Peanut allergies can cross-react to Lupin, although not all sufferers will experience this.

We use a variety of Cereals and Grains throughout the Nursery, and as such Gluten is present in many of our meals. We will create separate portions of meals where possible or provide an appropriate alternative meal.

Intolerances to Dairy products will be treated the same way as previously stated for products containing Gluten.

The use of Soya on site is limited, although is often found in Dairy free products such as Cheese, Yoghurts and Soya Milk.

These products are only given in the instance of dairy intolerances (or otherwise requested).

Eggs are used frequently and appear on the menus several times a week, through Teas and Puddings. In the event of Egg allergies alternative food options can be provided.

Fish used in our cooking is primarily white fish, most often Cod and Basa, but also Tinned Tuna.

Seafood such as Crustaceans and Molluscs are not used in any form on site, due potential allergic reactions.

Sulphur Dioxide or Sulphites can be found in dried fruit, such as raisins and sultanas, and also in Crackers, Biscuits and Tortillas.