



Little Stars Day Nursery Autumn menu 2018

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Notes
Breakfast	Assorted Cereals with fresh milk, whole meal toast-Butter or Jam					<p style="text-align: center;"><u>Special requirements</u></p> <p>At Little Stars, we cater for vegetarian, Religious And allergy dietary requirements.</p> <p>Our Chef keeps a Comprehensive list Of any dietary Requirements in the Kitchen. All staff Involved in the Preparation of the Snacks consult These lists.</p> <p><i>*Vegetarian options available. Quorn /Lentils/Vegetables</i></p> <p><i>*Babies pureed according to needs.</i></p>
Mid-Morning Snack	Fruit	Fruit	Fresh fruit salad	Fruit	Children's Choice Fresh fruit	
Lunch	Tuna/veg pasta bake, broccoli & sweetcorn	Chick pea curry & Rice With naan bread	Spaghetti Bolognese Quorn Bolognese	Chicken/veg pie With green beans and sweetcorn	Chicken / quorn nuggets, Chips & Peas	
Dessert	Spelt and apple stars	Banana & custard	Rice pudding	Rice kripsie cakes	Natural yoghurt	
Mid-Afternoon Snack	Fruit	Fresh Fruit	Fruit	Fresh Fruit	Fruit	
Tea	Roasted vegetable cous cous salad	Jacket potato With assorted fillings	Potato and leek Soup with crusty rolls	Bagels with cream cheese	Tomato Vegetable Pasta	
Dessert	Fairy cakes	Fromage Frais	Banana bread	Artic roll	Oat raisin cookies	

FOR ALL ALLERGEN INFORMATION AND ADVICE PLEASE CONSULT OUR NURSERY CHEF