



## Little Stars Day Nursery Autumn menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<b>Breakfast</b>	Assorted Cereals with fresh milk, whole meal toast-Butter or Jam					<p><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>*Vegetarian options available. Quorn /Lentils/Vegetables</p> <p>*Babies pureed according to needs.</p>
<b>Mid-Morning Snack</b>	Fresh fruit	Fresh fruit/ veg	Fresh fruit salad	Fresh fruit	Children's Choice Fresh fruit	
<b>Lunch</b>	Chicken / quorn and sweetcorn pizza's With veg fingers	Vegetable biryani with Bombay potatoes	Sweet and sour chicken / quorn With whole meal wraps	Fish Pie With broccoli & carrots	Turkey and potato pie With vegetable	
<b>Dessert</b>	Fromage Frais	Strawberry mousse	Neapolitan Ice cream	Golden syrup and raisin flapjacks	Banana and brown rice pudding	
<b>Mid-Afternoon Snack</b>	Fresh fruit	Raisins and apple	Fresh fruit	Children's Choice Fresh fruit/ veg	Fresh fruit	
<b>Tea</b>	Jacket Potato With chilli con carne With salad	Hearty pasta soup	Fish Fingers/ Veg fingers & beans	Cheese toasties With veg sticks	Cheese and tomato puff tarts	
<b>Dessert</b>	Digestives And Milk	Natural yogurt Raspberry coolie	Fromage Frais	Bread pudding	Carrot Cake Cream cheese icing	

FOR ALL ALLERGEN INFORMATION AND ADVICE PLEASE CONSULT OUR NURSERY CHEF