



## Little Stars Day Nursery Autumn menu

Week 4	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>	Melon and pineapple	Children's choice of fruit	Fresh fruit salad	Pear and raisins	Fruit salad	
<b>Lunch</b>	Moroccan Lamb and Couscous/  Moroccan Veg and Couscous	Turkey meatballs With tomato and basil sauce with pasta	Vegetables and bean burritos with dips	BBQ chicken with sweet potato mash and vegetables	Vegetable lasagna And Garlic bread slices	
<b>Dessert</b>	Fromage Frais	Chocolate sponge and chocolate custard	Scones with cream and jam	Banana mousse	Apple and raspberry muffins	
<b>Mid-Afternoon Snack</b>	Banana's	Fruit salad	Blueberries and apples	Fresh fruit	Fresh fruit Children's choice	
<b>Tea</b>	Assorted Sandwiches	Falafel with pitta, cucumber and dips	Fish goujons with mushy peas	Beans on toast	Chili con carne With jacket potato	
<b>Dessert</b>	Eton mess	Digestives	Cake	Neapolitan Ice cream	Natural yoghurt and oats	

FOR ALL ALLERGEN INFORMATION AND ADVICE PLEASE CONSULT OUR NURSERY CHEF