**Arnhall Nursery Winter Menu**

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| --- | --- | --- | --- | --- |
| **Week 1** | **Breakfast** | **Snack** | **Lunch** | **Afternoon Tea** |
| **Monday**(meat free day) | **A choice of cereal****or toast** | **A selection of seasonal fruits** | Tuna, Courgette and Tomato Bake

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| --- | --- | --- | --- | --- |
| Energy383kc | Fat3.8g | Saturates0.7g | Sugars14.8g | Salt1.2g |

 | Lentil Soup & Crusty Bread

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| --- | --- | --- | --- | --- |
| Energy402kc | Fat37.7g | Saturates 1.6 g | Sugars 12.2 | Salt1.0 |

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|  |  |  | **Contains: fish** | **Contains: gluten, pulses** |
| **Tuesday** | **A choice of cereal****or toast** | **A selection of seasonal fruits** |  Sweet and Sour Chicken with Rice and seasonal vegetables

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| --- | --- | --- | --- | --- |
| Energy428kc | Fat2.0g | Saturates1.2g | Sugars14.2g | Salt1.1g |

 | Sausage Hotpot

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| --- | --- | --- | --- | --- |
| Energy438kc | Fat10.2g | Saturates 2.6 g | Sugars 7.8 g | Salt1.7g |

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|  |  |  | **Contains: gluten, celery** | **Contains: gluten** |
| **Wednesday** | **A choice of cereal****or toast** | **A selection of seasonal fruits**  | Shepherds pie with carrot and turnip

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| --- | --- | --- | --- | --- |
| Energy428 kc | Fat2.0g | Saturates1.2g | Sugars14.2g | Salt1.1g |

 | Carrot and Coriander soup with Bread

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| --- | --- | --- | --- | --- |
| Energy291kc | Fat6.6g | Saturates 1.8g | Sugars 13.0g | Salt1.5g |

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|  |  |  | **Contains: gluten, celery** | **Contains: gluten,**  |
| **Thursday** | **A choice of cereal****or toast** | **A selection of seasonal fruits** | Mild Fish & Vegetable Curry Served on a Bed of Rice

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| Energy480 kc | Fat7.5g | Saturates0.8g | Sugars9.2g | Salt0.2g |

 | Macaroni Cheese with Sweetcorn

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| --- | --- | --- | --- | --- |
| Energy407 kc | Fat14.7g | Saturates6.3g | Sugars8.4g | Salt0.8g |

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|  |  |  | **Contains: gluten** | **Contains: milk, gluten,**  |
| **Friday** | **A choice of cereal****or toast** | **A selection of seasonal fruits** | Pork and Apple Stew with Potatoes

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| --- | --- | --- | --- | --- |
| Energy430kc | Fat10.7g | Saturates7.9g | Sugars6.9g | Salt1.0g |

 |  Tomato and Cheese Pasta with hidden vegetables

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| --- | --- | --- | --- | --- |
| Energy442kc | Fat10.4g | Saturates 2.7g | Salt0.5g | Sugars13.7g |

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|  |  |  | **Contains: mustard, gluten** | **Contains: gluten,**  |

Allergens that are listed on our menu, we list 14 allergens. If you have any other allergy please ensure that you inform your child’s key worker.

1. Celery 8. Molluscs
2. Gluten 9. Mustard
3. Crust Aceans 10. Nuts
4. Eggs 11. Peanuts
5. Fish 12. Sesame Seeds
6. Lupin 13. Soya
7. Milk 14. Sulphur Dioxide

The menu is collated through research and information with service users and is complied in accordance with current legislation and good practice guidelines.

* A selection of seasonal fruits are served after all main meals
* All meal calorific values contained in the menu are based on an average single adult portion