**Arnhall Nursery Winter Menu**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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   |  |  |  |  |  | | --- | --- | --- | --- | --- | | Energy  383kc | Fat  3.8g | Saturates  0.7g | Sugars  14.8g | Salt  1.2g | | Lentil Soup & Crusty Bread   |  |  |  |  |  | | --- | --- | --- | --- | --- | | Energy  402kc | Fat  37.7g | Saturates  1.6 g | Sugars  12.2 | Salt  1.0 | |
|  |  |  | **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   |  |  |  |  |  | | --- | --- | --- | --- | --- | | Energy  428kc | Fat  2.0g | Saturates  1.2g | Sugars  14.2g | Salt  1.1g | | Sausage Hotpot   |  |  |  |  |  | | --- | --- | --- | --- | --- | | Energy  438kc | Fat  10.2g | Saturates  2.6 g | Sugars  7.8 g | Salt  1.7g | |
|  |  |  | **Contains: gluten, celery** | **Contains: gluten** |
| **Wednesday** | **A choice of cereal**  **or toast** | **A selection of seasonal fruits** | Shepherds pie with carrot and turnip   |  |  |  |  |  | | --- | --- | --- | --- | --- | | Energy  428 kc | Fat  2.0g | Saturates  1.2g | Sugars  14.2g | Salt  1.1g | | Carrot and Coriander soup with Bread     |  |  |  |  |  | | --- | --- | --- | --- | --- | | Energy  291kc | Fat  6.6g | Saturates  1.8g | Sugars  13.0g | Salt  1.5g | |
|  |  |  | **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   |  |  |  |  |  | | --- | --- | --- | --- | --- | | Energy  480 kc | Fat  7.5g | Saturates  0.8g | Sugars  9.2g | Salt  0.2g | | Macaroni Cheese with Sweetcorn   |  |  |  |  |  | | --- | --- | --- | --- | --- | | Energy  407 kc | Fat  14.7g | Saturates  6.3g | Sugars  8.4g | Salt  0.8g | |
|  |  |  | **Contains: gluten** | **Contains: milk, gluten,** |
| **Friday** | **A choice of cereal**  **or toast** | **A selection of seasonal fruits** | Pork and Apple Stew with Potatoes   |  |  |  |  |  | | --- | --- | --- | --- | --- | | Energy  430kc | Fat  10.7g | Saturates  7.9g | Sugars  6.9g | Salt  1.0g | | Tomato and Cheese Pasta with hidden vegetables     |  |  |  |  |  | | --- | --- | --- | --- | --- | | Energy  442kc | Fat  10.4g | Saturates  2.7g | Salt  0.5g | Sugars  13.7g | |
|  |  |  | **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