

ROUNDHILL DAY NURSERY AUTUMN MENU – WEEK 1

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|--|
| BREAKFAST | A buffet style selection of breakfast cereals and toasts will be on offer for the children to self-serve where appropriate. This will be served with a choice of warm or cold milk, low fat spread, marmite, jams and marmalades (reduced sugar alternatives will always be offered where available) | | | | |
| MORNING SNACKS | Choice of seasonal fresh fruits and vegetables delivered to us by Bewdley farm shop. Fresh locally grown fruit and vegetables will be delivered twice per week for the children to choose from | | | | |
| LUNCH | Shepard's Pie with Seasonal Vegetables and reduced salt Gravy | Broccoli and Cauliflower Cheesy Pasta Bake | Roast Chicken with Seasonal Vegetables and Sweet Potato Mash and reduced salt Gravy | Beef Chili Con Carne with Basmati Rice and a sprinkle of Cheese | Fishfingers with new Potatoes, Peas, Sweetcorn and Parsley Sauce |
| Vegetarian, Vegan or allergy alternatives will be catered for. We will discuss all dietary requirements on enrolment and cater for all children's dietary. | | | | | |
| DESSERT | Natural Yogurt with Puréed Peaches | Classic homemade Victoria Sponge Cake with Sugar Free Raspberry Jam | Sugar Free Blackcurrant Jelly with Blackcurrant Pieces | Homemade Shortbread with Sultanas | Fruit Cocktail with Single Cream |
| AFTERNOON SNACK | Choice of seasonal fresh fruits and vegetables delivered to us by Bewdley farm shop. Fresh locally grown fruit and vegetables will be delivered twice per week for the children to choose from. Afternoon snack will be accompanied by a choice of bread sticks and a selection of crackers. | | | | |
| LIGHT TEA | Toasted Fruit Loaf with low fat Spread | Tuna Mayonnaise Wraps with Cucumber. | Creamy Scrambled Eggs on Wholemeal Bagels | Humous with Pittas and Vegetable Sticks | Ham Sandwiches with Cherry Tomatoes |

*A full list of allergens is available on enrolment. Children are encouraged to help to prepare their meals where appropriate, for example washing and preparing fruit and vegetables, helping to bake their own desserts. We teach and encourage the children to learn about the food we are cooking, to understand what goes into each meal and to grow their own vegetables here at nursery.

ROUNDHILL DAY NURSERY AUTUMN MENU – WEEK 2

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|--|
| BREAKFAST | A buffet style selection of breakfast cereals and toasts will be on offer for the children to self-serve where appropriate. This will be served with a choice of warm or cold milk, low fat spread, marmite, jams and marmalades (reduced sugar alternatives will always be offered where available) | | | | |
| MORNING SNACKS | Choice of seasonal fresh fruits and vegetables delivered to us by Bewdley farm shop. Fresh locally grown fruit and vegetables will be delivered twice per week for the children to choose from | | | | |
| LUNCH | Minced Beef and Vegetable Lasagna with a side Salad of Lettuce, Cucumber and Cherry Tomatoes. | Pork Sausage and Vegetable Casserole served with Crusty Bread | Chinese Chicken and Mushroom Curry with Egg Fried Rice | Creamy Cheese and Potato Pie served with Baked Beans. | Fishermen's Pie served with Green Beans and Broccoli |
| Vegetarian, Vegan or allergy alternatives will be catered for. We will discuss all dietary requirements on enrolment and cater for all children's dietary. | | | | | |
| DESSERT | Vanilla Ice Cream | Sultana Flapjacks | Chocolate Brownie | Sugar Free Orange Jelly with Orange Pieces | Warm Custard and sliced Banana |
| AFTERNOON SNACK | Choice of seasonal fresh fruits and vegetables delivered to us by Bewdley farm shop. Fresh locally grown fruit and vegetables will be delivered twice per week for the children to choose from. Afternoon snack will be accompanied by a choice of bread sticks and a selection of crackers. | | | | |
| LIGHT TEA | Toasted Crumpets with a choice of Vegetable Sticks | Warm Croissants with Sugar Free Strawberry Jam | Cheese Sandwiches with Cucumber Sticks and Coleslaw | Sandwich Chicken on Crusty Rolls served with a selection of Vegetable Fingers | Spaghetti Hoops on Toast |

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ROUNDHILL DAY NURSERY AUTUMN MENU – WEEK 3

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|--|
| BREAKFAST | A buffet style selection of breakfast cereals and toasts will be on offer for the children to self-serve where appropriate. This will be served with a choice of warm or cold milk, low fat spread, marmite, jams and marmalades (reduced sugar alternatives will always be offered where available) | | | | |
| MORNING SNACKS | Choice of seasonal fresh fruits and vegetables delivered to us by Bewdley farm shop. Fresh locally grown fruit and vegetables will be delivered twice per week for the children to choose from | | | | |
| LUNCH | Penne Pasta in a Tomato and Basil Sauce served with Garlic Bread and a sprinkle of Cheese. | Traditional Cottage Pie served with Seasonal Vegetables | Toad in the Hole served with Green Vegetables | Vegetable Curry on a bed of Boiled Rice served with Plain Naan Bread | Jacket Potatoes served with Tuna, Sweetcorn and Mayonnaise or Cheese |
| Vegetarian, Vegan or allergy alternatives will be catered for. We will discuss all dietary requirements on enrolment and cater for all children's dietary. | | | | | |
| DESSERT | Mini Yogurts in a selection of flavours | Warm Rice Pudding | Ice Cream and Blueberries | Banana Bread | Raspberry Jelly with Raspberry Pieces |
| AFTERNOON SNACK | Choice of seasonal fresh fruits and vegetables delivered to us by Bewdley farm shop. Fresh locally grown fruit and vegetables will be delivered twice per week for the children to choose from. Afternoon snack will be accompanied by a choice of bread sticks and a selection of crackers. | | | | |
| LIGHT TEA | Ham Wraps served with Cucumber Sticks and Cherry Tomatoes | Creamy Scrambled Egg on Toasted Muffins | Cream Cheese on Toasted Bagels | Crackers and Cheese served with Vegetable Sticks | Homemade Pizza with a choice of Toppings |

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ROUNDHILL DAY NURSERY AUTUMN MENU – WEEK 4

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|--|
| BREAKFAST | A buffet style selection of breakfast cereals and toasts will be on offer for the children to self-serve where appropriate. This will be served with a choice of warm or cold milk, low fat spread, marmite, jams and marmalades (reduced sugar alternatives will always be offered where available) | | | | |
| MORNING SNACKS | Choice of seasonal fresh fruits and vegetables delivered to us by Bewdley farm shop. Fresh locally grown fruit and vegetables will be delivered twice per week for the children to choose from | | | | |
| LUNCH | Spaghetti Bolognese served with Garlic Bread | Jacket Potatoes served with Baked Beans and a side Salad | Chicken and Mushroom Pies served with Seasonal Vegetables | Fish Cakes served with new Potatoes and Seasonal Vegetables | Macaroni Cheese |
| Vegetarian, Vegan or allergy alternatives will be catered for. We will discuss all dietary requirements on enrolment and cater for all children's dietary. | | | | | |
| DESSERT | Homemade Chocolate Cake | Bread and Butter Pudding | Blackcurrant Jelly with Blackcurrant Pieces | Natural Yogurt with Peach Puree | Apple crumble served with warm Custard |
| AFTERNOON SNACK | Choice of seasonal fresh fruits and vegetables delivered to us by Bewdley farm shop. Fresh locally grown fruit and vegetables will be delivered twice per week for the children to choose from. Afternoon snack will be accompanied by a choice of bread sticks and a selection of crackers. | | | | |
| LIGHT TEA | Hot Cross Buns with Butter | Toasted Muffins and Cream Cheese served with Vegetable Sticks | Malt Loaf served with Bananas | Cheese on Toast served with Cherry Tomatoes | Toasted Crumpets and Vegetable Sticks |

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