

## LITTLE EINSTEINS NURSERIES

### SPRING MENU - WEEK 2

<b>Day</b>	<b>Breakfast</b> (until 0915)	<b>Mid-morning snack</b> (1030)	<b>Lunch</b> (1200-1300)	<b>Mid-afternoon snack</b> (1500)
Monday	<ul style="list-style-type: none"> <li>• Choice of Cereals</li> <li>• Toast &amp; Preserves</li> <li>• Milk, Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Sliced Fruit</li> <li>• Milk, Water</li> </ul>	<ul style="list-style-type: none"> <li>• Chinese chicken stir fry &amp; noodles</li> <li>• Roasted Vegetable Lasagne &amp; Garlic Bread</li> <li>• Fruit Yoghurt</li> <li>• Water, Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Sliced Fruit</li> <li>• Milk, Water</li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>• Choice of Cereals</li> <li>• Toast &amp; Preserves</li> <li>• Milk, Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Sliced Fruit</li> <li>• Milk, Water</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Chilli, rice &amp; mini corn on the cob</li> <li>• 3 Bean Chilli, rice &amp; mini corn on the cob</li> <li>• Mixed berry smoothie</li> <li>• Water, Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Sliced Fruit</li> <li>• Milk, Water</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>• Choice of Cereals</li> <li>• Toast &amp; Preserves</li> <li>• Milk, Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Sliced Fruit</li> <li>• Milk, Water</li> </ul>	<ul style="list-style-type: none"> <li>• Spaghetti &amp; Meatballs, mixed vegetables</li> <li>• Quorn shepherds pie &amp; vegetables</li> <li>• Fruit Yoghurt</li> <li>• Water, Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Sliced Fruit</li> <li>• Milk, Water</li> </ul>
Thursday	<ul style="list-style-type: none"> <li>• Choice of Cereals</li> <li>• Toast &amp; Preserves</li> <li>• Milk, Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Sliced Fruit</li> <li>• Milk, Water</li> </ul>	<ul style="list-style-type: none"> <li>• Roast chicken, potatoes, cauliflower cheese, green beans</li> <li>• Jacket potato with baked beans/cheese</li> <li>• Raspberry Ripple Ice Cream Roll</li> </ul>	<ul style="list-style-type: none"> <li>• Sliced Fruit</li> <li>• Milk, Water</li> </ul>
Friday	<ul style="list-style-type: none"> <li>• Choice of Cereals</li> <li>• Toast &amp; Preserves</li> <li>• Milk, Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Sliced Fruit</li> <li>• Milk, Water</li> </ul>	<ul style="list-style-type: none"> <li>• Fish Fingers, potato wedges, baked beans</li> <li>• Vegetable Korma &amp; Rice</li> <li>• Fruit Yoghurt</li> <li>• Water, Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Sliced Fruit</li> <li>• Milk, water</li> </ul>

## FOOD ALLERGENS

Menu Item	Gluten containing Cereals e.g. Wheat, Rye, Oats etc.	Nuts	Peanuts	Milk	Egg	Soya	Mustard	Celery	Fish	Molluscs	Crustaceans	Sulphur Dioxide	Lupin
Chicken Stir Fry												Chicken Stock	
Veg Lasagne	Lasagne			Cheese									
Beef Chilli												Beef Stock	
3 Bean Chilli													
Mixed Berry Smoothie				Yes									
Spaghetti & Meatballs	Spaghetti											Beef Stock	
Quorn Pie													
Roast Chicken				Cheese								Chicken Stock	
Jacket Potato				Cheese									
Ice Cream Roll				Ice Cream									
Fish Fingers									Yes				

Veg Korma														
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These indicate the allergens that are present as ingredients in the food we serve.

Please ensure you discuss any allergy your child(ren) have with us. Some products may contain traces of other allergens in ingredients from our suppliers or by cross contamination.

Although some of our dishes are made with no gluten containing ingredients we do not make claims about our products being “Gluten Free”

