

LITTLE EINSTEINS NURSERIES

SPRING MENU - WEEK 4

Day	Breakfast (until 0915)	Mid-morning snack (1030)	Lunch (1200-1300)	Mid-afternoon snack (1500)
Monday	<ul style="list-style-type: none"> • Choice of Cereals • Toast & Preserves • Milk, Fruit Juice 	<ul style="list-style-type: none"> • Sliced Fruit • Milk, Water 	<ul style="list-style-type: none"> • Sweet & Sour Pork with boiled rice • Vegetable Noodles • Fruit Yoghurts • Water, Fruit Juice 	<ul style="list-style-type: none"> • Sliced Fruit • Milk, Water
Tuesday	<ul style="list-style-type: none"> • Choice of Cereals • Toast & Preserves • Milk, Fruit Juice 	<ul style="list-style-type: none"> • Sliced Fruit • Milk, Water 	<ul style="list-style-type: none"> • Chicken in a white sauce, rice & sweetcorn • Cheese & Onion Quiche with salad • Creamed Rice Pudding & Jam • Water, Fruit Juice 	<ul style="list-style-type: none"> • Sliced Fruit • Milk, Water
Wednesday	<ul style="list-style-type: none"> • Choice of Cereals • Toast & Preserves • Milk, Fruit Juice 	<ul style="list-style-type: none"> • Sliced Fruit • Milk, Water 	<ul style="list-style-type: none"> • Turkey & Sweet Potato Cottage Pie & Peas • Vegetarian Omelette • Fruit Yoghurts • Water, Fruit Juice 	<ul style="list-style-type: none"> • Sliced Fruit • Milk, Water
Thursday	<ul style="list-style-type: none"> • Choice of Cereals • Toast & Preserves • Milk, Fruit Juice 	<ul style="list-style-type: none"> • Sliced Fruit • Milk, Water 	<ul style="list-style-type: none"> • Beef Burger in a Bun, Fries, Beans • Quorn Burger in a Bun, Fries, Beans • Ice Cream • Water, Fruit Juice 	<ul style="list-style-type: none"> • Sliced Fruit • Milk, Water
Friday	<ul style="list-style-type: none"> • Choice of Cereals • Toast & Preserves • Milk, Fruit Juice 	<ul style="list-style-type: none"> • Sliced Fruit • Milk, Water 	<ul style="list-style-type: none"> • Fish Gojouns, cheesy jacket halves, beans • Jacket Potato with cheese/baked beans • Fruit Yoghurts • Water, Fruit Juice 	<ul style="list-style-type: none"> • Sliced Fruit • Milk, water

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
Sweet & Sour													
Vegetable Noodles												Chicken stock	
Chicken in White Sauce				Yes								Chicken stock	
Quiche	Pastry			Butter Yes	Yes								
Rice Pudding				Yes									
Turkey Cottage Pie				Yes									
Veg Omelette				Yes	Yes								
Burger	Burger Roll			Cheese									
Quorn Burger	Burger Roll												
Ice Cream				Yes									
Fish Gojouns				Cheese					Yes				

Jacket Potato				Cheese									
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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”

