



little
elms

DAYCARE NURSERIES
& PRE-SCHOOLS

AUTUMN *and* WINTER
MENU 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals with Milk or Oat Milk G, Da	Selection of Cereals with Milk or Oat Milk G, Da	Selection of Cereals with Milk or Oat Milk G, Da	Selection of Cereals with Milk or Oat Milk G, Da	Selection of Cereals with Milk or Oat Milk G, Da
Morning Snack	Pears and Breadsticks G	Plums, Muffins & Cheese Fingers G, S, Da	Satsuma & Pittas G	Nectarines & Bagels G	Melons & Crackers with Cream Cheese G, Da
Lunch	Tuna Pasta Bake F,G <i>or</i> Quorn Pasta Bake G, E, S	Cottage Pie with Broccoli <i>or</i> Lentil Pie Pu	Moroccan Chicken with Rice Mu, Su <i>or</i> Moroccan Chickpea Mu, Su, Pu	Cauliflower & Broccoli Mac & Cheese G, Da	Roast of the Week <i>Chef's choice of meat or veg sausages with accompaniments</i>
Dessert	Apples	Apricot Yoghurt Da	Carrot Cake E, G	Pears	Apple & Berry Tart G
Afternoon Snack	Oranges & Tomatoes	Apples & Pears	Melon & Carrots	Bananas & Tomatoes	Pineapple & Carrots
Tea	Onion & Cheese Tarts with Carrot Sticks Da, G	Sweet Potato & Lentil Soup with Crusty Bread Pu, G	Butternut Scones with Cucumber Sticks G, Da	Tuna & Tomato Wraps with Pepper Sticks G, E, F <i>or</i> Cheese & Tomato Wraps G, Da	Pasta with Peppers & Sweetcorn G
Dessert	Banana Rice Pudding Da	Pears	Pineapple & Cream Da	Apricots	Peaches

Allergen Key G (Gluten) F (Fish) Da (Dairy) E (Egg) Pu (Pulses) Su (Sulphates) S (Soya) Mu (Mustard)



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals with Milk or Oat Milk G, Da	Selection of Cereals with Milk or Oat Milk G, Da	Selection of Cereals with Milk or Oat Milk G, Da	Selection of Cereals with Milk or Oat Milk G, Da	Selection of Cereals with Milk or Oat Milk G, Da
Morning Snack	Oranges & Breadsticks G	Melons & Bagels G, Da	Satsuma & Crackers with Cream Cheese G, Da	Apples & Pitta G	Pears, Muffins & Cheese Fingers G, S, Da
Lunch	Red Fish Curry with Rice F, Mu or Chickpea Curry with Rice Pu, Mu	Beef Ragout with Mash or Quorn Ragout with Mash E, S	Pasta with Lentil Sauce G, Da	Fishcakes with New Potatoes and Seasonal Vegetables G, F or Falafel Cake Pu	Turkey Bolognese G or Lentil Bolognese Pu
Dessert	Berry Yoghurt Da	Apple Strudel G	Melon	Plum Semolina G, Da	Pineapple
Afternoon Snack	Plum & Tomatoes	Pears & Peppers	Pineapple & Carrots	Bananas & Cucumber	Melon & Tomatoes
Tea	Carrot Soup with Buttered Bread G	Muffin Pizza with Cucumber Sticks G, Da, S or Muffin Pizza with Dairy Free Cheese G, S	Jacket Potatoes & Baked Beans Pu	Pilchard & Cream Cheese Rolls with Tomato & Sweetcorn Salad G, F, Da or Cream Cheese Rolls Da	Hummus & Cheese Sandwiches with Pepper Sticks G, Pu, Da, Se
Dessert	Apples	Peaches	Apricots Yoghurt Da	Pears	Cinnamon Rice Pudding Da

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Breakfast	Selection of Cereals with Milk or Oat Milk G, Da	Selection of Cereals with Milk or Oat Milk G, Da	Selection of Cereals with Milk or Oat Milk G, Da	Selection of Cereals with Milk or Oat Milk G, Da	Selection of Cereals with Milk or Oat Milk G, Da
Morning Snack	Melon & Breadsticks G	Nectarines & Bagels G	Satsumas & Crackers with Cream Cheese G, Da	Plums & Muffins G, S	Oranges & Pitta & Cheese Fingers G, Da
Lunch	Salmon & Broccoli Pasta Bake G, F, Da or Lentil & Broccoli Pasta Bake G, Pu	Roast of the Week <i>Chef's choice of meat or veg sausages with accompaniments</i> S, G	Sweet & Sour Chicken with Rice G or Vegetable Sweet & Sour G	Shepherds Pie with Sweetcorn or Quorn Mince Pie E	Bean Cassoulet with Macaroni G, Pu
Dessert	Rice Pudding & Fruit Da	Pineapple	Plum Semolina Fool G, Da	Peaches	Raspberry Yoghurt Da
Afternoon Snack	Apples & Carrots	Pears & Peppers	Banana & Tomatoes	Pineapple & Cucumber	Apples & Carrots
Tea	Chicken Goujons with Baked Beans G, Pu or Vegetable Sausages with Baked Beans S	Salmon & Mayo Baps with Cucumber Sticks E, F, G, Da or Cream Cheese Baps Da, G	Butternut Soup with Buttered Bread G	Roast Veg & Lentil Pasta G, Pu	Turkey & Cheese Bagels with Cucumber G, Da
Dessert	Plums	Mandarins	Pears	Apple & Cinnamon Turnovers G	Bananas

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weaning menu week one

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Stage 3	Tuna Pasta Bake F, G	Cottage Pie	Moroccan Chicken & Rice Mu, Su	Cauliflower & Broccoli Mac & Cheese G, Da	<i>Roast of the Week</i> Chef's choice of meat with accompaniments
Lunch Stage 2	As above or Butternut	As above or Pea & Potato	As above or Peppers, Swede & Rice	As above or Cauliflower & Potato	As above or Mix Vegetables & Potatoes
Lunch Stage 1	Butternut	Pea & Potato	Swede & Peppers	Cauliflower & Broccoli	As above
Dessert	Apples	Apricots	Pears	Bananas	Mango
Tea Stage 3	Courgette & Potato	Sweet Potato & Lentil Soup	Potato & Butternut	Potato & Broccoli	Pasta with Peppers & Sweetcorn G
Tea Stage 2	As above	As above	As above	As above	As above
Tea Stage 1	As above	Sweet Potato Soup	As above	As above	As above
Dessert	Bananas	Plums	Melon	Apricots	Peaches

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weaning menu week two

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Stage 3	Red Fish Curry with Rice F, Mu	Beef Ragout with Mash	Pasta with Lentil Sauce G	Fishcakes with New Potatoes & Seasonal Vegetables G, F	Turkey Bolognese G
Lunch Stage 2	As above or Green Beans & Butternut	As above or Carrot & Courgette	As above or Potatoes & Cauliflower	As above or Potato & Vegetables	As above Swede & Butternut
Lunch Stage 1	Green Bean & Butternut	Carrots & Courgette	Potatoes & Cauliflower	Potatoes & Vegetables	Swede & Butternut
Dessert	Plums	Melon	Mango	Apples	Pears
Tea Stage 3	Carrot Soup	Butternut & Rice	Jacket Potatoes & Baked Beans	Broccoli & Sweet Potato	Courgette & Pea Soup
Tea Stage 2	As above	As above	As above	As above	As above
Tea Stage 1	As above	Butternut	Potatoes & Carrots	As above	As above
Dessert	Apples	Peaches	Bananas	Plums	Bananas

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weaning menu

week three

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Stage 3	Salmon & Broccoli Pasta Bake G, F, Da	<i>Roast of the Week</i> Chef's choice of meat with accompaniments	Sweet & Sour Chicken with Rice G	Shepherds Pie	Bean Cassoulet with Macaroni G
Lunch Stage 2	As above or Broccoli & Potato	As above or Mix Vegetables & Potato	As above or Green Beans & Sweet Potato	As above or Potato & Vegetables	As above or Carrots & Leeks
Lunch Stage 1	Broccoli & Potato	As above	Green Beans & Sweet Potato	Potato & Vegetables	Carrots & Leeks
Dessert	Plums	Apples	Bananas	Plums	Pears
Tea Stage 3	Baked Beans & Potato	Sweet Potato & Carrot	Butternut Soup	Cauliflower & Broccoli	Pea & Swede
Tea Stage 2	As above	As above	As above	As above	As above
Tea Stage 1	Pea & Potato	As above	As above	As above	As above
Dessert	Melon	Pears	Apricots	Papaya	Bananas

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