



little
elms

DAYCARE NURSERIES
& PRE-SCHOOLS

**AUTUMN *and* WINTER
MENU 2024**

	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	Crackers & Banana G	Muffins & Pears G,S	Pitta fingers & Satsuma G	Crackers & Apple G	Bagels & Melon G
Lunch	Tuna Farfalle Pasta Bake G,F/Quorn Farfalle Pasta Bake E,G	Cottage Pie & Seasonal Vegetables/ Lentil pie Pu	Lamb Casserole & New Potatoes /Bean Bean Casserole Pu	Chickpea and Spinach Curry & Rice MU,SU,PU	Turkey Bolognese G/ Lentil Bolognese Pu,G
Dessert	Peach	Apples	Cinnamon Shortbread biscuits G	Pear Strudel G	Berry Yogurt Da
Tea	Onion & Cheese Tarts with Carrot Sticks G,Da/Onion & Dairy Free Cheese Tarts G	Sweet-potato & Lentil Soup with Crusty Bread G,Pu	Salmon Pate Sandwiches with Tomatoes G,F,Da/ Cream Cheese Sandwiches G,Da	Baked Beans & Jacket Potatoes Pu	Ham & Cheese Rolls with Cucumber sticks G,Da/ Dairy free cheese or Houmous Rolls Da,G,Pu,Se
Dessert	Plum Semolina G,Da	Carrot Cake G,E	Apricot Yogurt Da	Pineapple	Pears
Afternoon Snack	Tomatoes & Pineapple	Cucumber & Oranges	Peppers & Plum	Carrot & Banana	Tomatoes & Pineapple

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals with milk or oat milk & Toast G, Da	Selection of cereals with milk or oat milk & Toast G, Da	Selection of cereals with milk or oat milk & Toast G, Da	Selection of cereals with milk or oat milk & Toast G, Da	Selection of cereals with milk or oat milk & Toast G, Da
Morning Snack	Crackers & Oranges G	Muffins & Pears G, S	Pitta fingers & Banana G	Crackers & Apple G	Bagels & Melon G
Lunch	Salmon & Broccoli Conchiglie Bake G, F, Da/ Quorn & Broccoli Conchiglie Bake E, G, Da	Shepherds Pie & seasonal vegetables/Lentil Pie Pu	Turkey & Sweet Potato Curry & Rice Mu/Chickpea & Sweet Potato Curry	Bean Ragu, Mash Potato & Peas Pu	Cauliflower & Broccoli Mac & Cheese Da, G
Dessert	Pineapple	Apples	Fruit Jelly	Plum Yogurt Da	Jammy Biscuits G, E
Tea	Muffin Pizza & Pepper Sticks G, Da, S/ Muffin Pizza with Dairy Free Cheese G, S	Pumpkin Soup & Buttered Bread G	Jacket Potato & Bean Chilli Pu	Tuna & Mayonnaise Baps & Cherry tomatoes F, E, G/ Cream Cheese & Cucumber Rolls G, Da	Chicken & Tomato Sandwiches G/ Cheese or Hummus Sandwiches Da, G, PU, Se
Dessert	Apricot Rice Pudding G, Da	Banana & Cinnamon Bread G, E	Melon	Pears	Banana
Afternoon Snack	Melon & Cucumber	Nectarines & Tomato	Plum & Peppers	Satsumas & Carrots	Tomatoes & Pineapple

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	Bagels & Oranges G	Muffins & Pears G,S	Pitta fingers & Satsuma G	Crackers & Apple G	Bagels & Melon G
Lunch	Mix Bean Tagine & Couscous Pu,G	Roast Turkey With Potatoes & Seasonal Vegetables/ Falafels or Vegetable Sausage Pu,G	Fish Pie & Sweetcorn Da,F/ Bean Pie Pu,Da	Chicken Sweet & Sour with Noodles E,G/ Quorn Sweet & Sour	Beef Chilly & Rice Pu/ Bean Chilly & Rice Pu
Dessert	Plums	Berry Yogurt Da	Ginger & Oat Biscuits G,E	Apricots	Apple Crumble & Cream G,DA
Tea	Carrot Soup & Crusty Bread G	Tuna & Sweetcorn Wraps & Veg. Sticks G,F,E/ Hummus & Sweetcorn Wraps Pu,G,Se	Butternut Scones & Cucumber Sticks G,Da	Vegetable Pasta Da,G	Egg Mayonnaise Bap & Carrot Sticks G,E/ Cheese or Hummus Baps Da,G,Pu,Se
Dessert	Eves Pudding G,E	Melon	Pears & Custard Da	Banana	Peaches
Afternoon Snack	Melon & Cucumber	Pineapple & Tomato	Plum & Peppers	Pears & Carrots	Tomatoes & Satsuma

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weaning menu week one

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Stage 3	Tuna Farfalle Pasta Bake	Cottage Pie & seasonal vegetables	Lamb Casserole & New Potatoes	Chickpea & Spinach Curry Pu,Mu	Turkey Bolognese G
Lunch Stage 2	Tuna Farfalle Pasta Bake G,F	Cottage Pie & seasonal vegetables	Lamb Casserole & New Potatoes	Chickpea & Spinach Curry Pu,Mu	Turkey Bolognese G
Lunch Stage 1	Parsnip & Sweet Potato	Carrot & Swede	Broccoli & Potato	Spinach & Cauliflower	Parsnip & Carrot
Dessert	Peach	Apples	Banana	Apples	Pears
Tea Stage 3	Carrot Soup & Crusty Bread G	Sweet Potato & Lentil Soup with Crusty Bread G,Pu	Salmon & Butternut Rice F	Baked Beans & Jacket Potatoes Pu	Sweet Potato & Swede
Tea Stage 2	Carrot Soup & Crusty Bread G	Sweet-potato & Lentil Soup with Crusty Bread G,Pu	Salmon & Butternut Rice F	Baked Beans & Jacket Potatoes Pu	Sweet Potato & Swede
Tea Stage 1	Carrot Soup	Sweet Potato soup	Swede & Butternut	Courgette & Potato	Sweet Potato & Swede
Dessert	Plums	Pears	Apricot	Papaya	Banana

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weaning menu week two

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Stage 3	Salmon & Broccoli Conchiglie Bake G,F,Da	Shepherds Pie & seasonal vegetables	Turkey & Sweet Potato Curry & Rice Mu	Bean Ragu Mash Potato & Peas Pu	Cauliflower & Broccoli Mac & Cheese Da,G
Lunch Stage 2	As above	As above	As above	As above	As above
Lunch Stage 1	Broccoli & Potato	Carrot & Swede	Cauliflower & Sweet Potato	Carrot & Potato	Broccoli & Cauliflower
Dessert	Banana	Apples	Papaya	Plum	Mango
Tea Stage 3	Pepper & Sweet Potato with Rice	Pumpkin Soup & Buttered Bread G	Jacket Potato & Bean Chilly Pu	Butternut Soup	Courgette & Potato with Pitta Finger G
Tea Stage 2	As above	As above	As above	As above	As above
Tea Stage 1	Pepper & Sweet potato	Pumpkin soup	Peppers & Swede	Butternut soup	Courgette & Potato
Dessert	Apricot	Banana	Melon	Pears	Banana

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weaning menu week three

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Stage 3	Mix Bean Tagine & Couscous Pu,G	Roast Turkey With Potatoes & Seasonal Vegetables	Fish Pie & Sweetcorn Da,F	Chicken Sweet & Sour with Noodles E,G	Beef Chilli & Rice Pu
Lunch Stage 2	As above	As above	As above	As above	As above
Lunch Stage 1	Swede & Parsnip	Seasonal vegetables & potato	Peas & Potato	Peppers & Potato	Courgette & Parsnips
Dessert	Melon	Peach	Plum	Apricots	Apple
Tea Stage 3	Carrot Soup & Crusty Bread G	Tuna & Sweetcorn Pasta G	Butternut Soup	Vegetable Pasta Da,G	Cauliflower & Peas and Rice
Tea Stage 2	As above	As above	As above	As above	As above
Tea Stage 1	Carrot soup	Broccoli & Cauliflower	Butternut Soup	Courgette & Sweet potato	Cauliflower & Peas
Dessert	Apple	Melon	Pears	Banana	Papaya

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