

# Anna-Ca-Soo Day Nursery

## Week 1



### **Monday**

**Break:** Toast with butter and sliced banana  
*Allergens: gluten, soya, milk*

**Lunch:** Spaghetti bolognaise & side salad  
*Allergens: gluten*  
Rice Pudding with raisins/sultanas

*Allergens: milk*

**Afternoon Snack:** Breadsticks, soft cheese, grapes, and carrot  
*Allergens: milk, gluten*

### **Tuesday**

**Break:** Apple & oat cakes  
*Allergens: gluten*

**Lunch:** Flavour of the week chicken/quorn pieces, rice & peas  
*Allergens: gluten, soya*  
Fromage Frais

*Allergens: milk*

**Afternoon Snack:** Pasta salad with seasonal vegetables  
*Allergens: gluten*

### **Wednesday**

**Break:** Toast with butter/soft cheese  
*Allergens: gluten, soya, milk*

**Lunch:** Beef burgers/ veggie burger, potato wedges & Baked beans.  
*Allergens: gluten*

Angel Delight & Apple slices

*Allergens: milk*

**Afternoon Snack:** Crackers with pear, grapes & cheese  
*Allergens: gluten, milk*

### **Thursday**

**Break:** Rice cakes, cream cheese and sliced cucumber  
*Allergens: gluten, milk*

**Lunch:** Sausage/veggie sausage casserole, mashed potato, broccoli & cauliflower  
*Allergens: gluten, milk*  
Peaches and ice cream

*Allergens: milk*

**Afternoon Snack:** Pitta bread pizza  
*Allergens: gluten, milk*

### **Friday**

**Break:** Banana & Melon

**Lunch:** Tuna & sweetcorn pasta bake/vegetable pasta bake with a Cheese topping.  
*Allergens: gluten, milk, fish*

Cake & custard

*Allergens: gluten, milk*

**Afternoon Snack:** Wraps with grated cheese, ham and cucumber  
*Allergens: gluten, milk*

# Anna-Ca-Soo Day Nursery

## Week 2



### **Monday**

**Break:** Toast and satsumas

*Allergens: gluten, soya, milk*

**Lunch:** Lentil chilli and basmati rice

Pears, plum & melon

**Afternoon Snack:** Bread roll, ham, cheese spread & cucumber

*Allergens: gluten, milk*

### **Tuesday**

**Break:** Pancakes and banana

*Allergens: gluten, milk*

**Lunch:** Spaghetti bolognese & Side Salad

*Allergens: gluten*

Apple Crumble & ice cream.

*Allergens: gluten, milk, soya*

**Afternoon Snack:** Hot dogs

*Allergens: gluten*

### **Wednesday**

**Break:** Apple & oat cakes

*Allergens: gluten*

**Lunch:** Coconut Chicken curry and basmati rice

Yoghurt

*Allergens: milk*

**Afternoon Snack:** Crackers, cheese, apple & grapes

*Allergens: gluten, milk*

### **Thursday**

**Break:** Toast with butter and sliced banana

*Allergens: gluten, soya, milk*

**Lunch:** 100% Cod Fish fingers with mashed potato and & baked beans

*Allergens: gluten, fish*

Rice pudding with raisins/sultanas

*Allergens: milk*

**Afternoon Snack:** Breadsticks, soft cheese, apple & pear

*Allergens: gluten, milk*

### **Friday**

**Break:** Apple & Grapes

**Lunch:** Roast chicken, roast potatoes, peas & sweetcorn

*Allergens: soya*

Jelly & Cream

*Allergens: milk*

**Afternoon Snack:** Toast & Spaghetti hoops.

*Allergens: gluten, soya, milk*

# Anna-Ca-Soo Day Nursery

## Week 3



### Monday

**Break:** Pear, plum & satsumas

**Lunch:** 100% Cod fishfingers, jacket potato & Baked Beans

*Allergens: gluten, fish*

Angel Delight & Apple Slices

*Allergens: milk*

**Afternoon Snack:** Pasta salad with seasonal vegetables

*Allergens: gluten*

### Tuesday

**Break:** Crumpet and pear

*Allergens: gluten, milk*

**Lunch:** Pork sausages/veggie sausage with mashed potato, peas and gravy

*Allergens: gluten, soya, sulphites*

Ice cream and peaches

*Allergens: milk*

**Afternoon Snack** Pitta bread, ham, grated cheese, cherry tomatoes & cucumber

*Allergens: gluten, milk*

### Wednesday

**Break:** Apple & Cheddar cheese

*Allergens: milk*

**Lunch:** Beef burger, mashed potato, cabbage, peas & Yorkshires

*Allergens: gluten, eggs, milk*

Melon

**Afternoon Snack:** Sandwiches with chicken slices /soft cheese

*Allergens: gluten, soya, milk*

### Thursday

**Break:** Toast and sliced banana

*Allergens: gluten, milk*

**Lunch:** Vegetable curry with chickpeas, spinach and potatoes

Mousse

*Allergens: milk*

**Afternoon Snack:** Breadsticks, soft cheese spread, cucumber & apple slices

*Allergens: gluten, milk*

### Friday

**Break:** Toasted muffins and sliced pear

*Allergens: gluten, soya, milk*

**Lunch:** Tuna & sweetcorn pasta bake/vegetable pasta bake with cheese

*Allergens: gluten, milk*

Cake & custard

*Allergens: gluten, milk*

**Afternoon: Snack** Cracker bread with cream cheese, chicken slices and cucumber

*Allergens: gluten, milk*

# Anna-Ca-Soo Day Nursery

## Week 4



### Monday

**Break:** Crumpet with butter and sliced cucumber

*Allergens: gluten, milk*

**Lunch:** Chicken, noodles & vegetables

*Allergens: gluten, egg*

Rice pudding with raisins/sultanas

*Allergens: milk*

**Afternoon Snack:** Toast & spaghetti hoops

*Allergens: gluten, soya, milk*

### Tuesday

**Break:** Toast with butter or soft cheese

*Allergens: gluten, soya, milk*

**Lunch:** Homemade beef/vegetable lasagne & side salad

*Allergens: gluten, milk*

Jelly & Ice cream

*Allergens: milk*

**Afternoon Snack:** Breadsticks, Salsa dip, carrot, cucumber & grapes

*Allergens: gluten*

### Wednesday

**Break:** Oranges, pear & plum

**Lunch:** Vegetable curry with chickpeas, spinach and potatoes

Fromage Frais

*Allergens: milk*

**Afternoon Snack** Sandwiches with grated cheese & cucumber/ ham

*Allergens: gluten, soya, milk*

### Thursday

**Break:** Apple & cheese

*Allergens: milk*

**Lunch:** Chilli con carne & basmati rice

Banana Custard

*Allergens: milk*

**Afternoon Snack:** Pasta salad with seasonal vegetables

*Allergens: gluten*

### Friday

**Break:** Satsumas & oat cakes

*Allergens: gluten*

**Lunch:** Fish nuggets, potato wedges and peas

*Allergens: gluten, fish*

Angel Delight cake

*Allergens: gluten, milk*

**Afternoon Snack:** Toast with butter and sliced banana

*Allergens: gluten, soya, milk*