

Manor House Kindergarten Menu

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-morning Snack (9:15am- 10:15am) (Drinks: Milk or Water)	Crumpet and spread Cucumber sticks (2,7)	Toast and spread Banana slices (2,7)	Cream crackers with cheese spread Sliced Grapes (2,7)	Toast and spread Sliced Grape and apple slices (2,7)	Toasted bagel and spread Oranges (2,7)
Cooked lunch (11:45- 1:00pm) <i>*Additional £3.00</i> <i>Bookable through</i> <i>reception</i> (Drinks: Water Only)	Mild Vegetable Chilli Rice	Thai Green Fish Curry with Green Vegetables and Rice (5)	Cottage Pie with Spring Greens (13)	Vegetable and Red Lentil Ragu (2)	Sweet and Sour Chicken with Rice
	Greek Yogurt (7)	Pear or apple	Custard (7)	Satsuma and raisins	Fruit yogurt (7)
Mid- afternoon (2:00pm-3:00pm) (Drinks: Milk or Water)	Carrot sticks, cheddar cheese. Apple and banana slices. (2,7)	Breadsticks, cucumber sticks and tzatziki dip (2,7)	Pitta bread and cream cheese. Melon (2,7)	Rice cake and spread Sliced banana and plain yogurt (7)	Cucumber batons and bread sticks with hummus Fruit Platter (2,12)

All meals excluding the cooked lunch are included in your consumable charge. The cooked lunch can be purchased at an additional cost of £3.00 per day*. Please speak to a nursery manager for more information. If you wish to provide a packed lunch or any of your own food products please see our food from home policy. All cultural requirements, allergies and intolerances are catered for. A full list of allergens for all food products used by Manor House is available from reception.

1	Celery	2	Cereals containing gluten	3	Crustaceans	4	Eggs	5	Fish
6	Lupin	7	Milk	8	Molluscs	9	Mustard	10	Nuts
11	Peanuts	12	Sesame Seeds	13	Soya	14	Sulphur Dioxide		

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-morning Snack (Drinks: Milk or Water) (9:15am – 10:15am)	Cheese and Crackers Oranges (7,2)	Toast and spread Cucumber and carrot sticks (2,7)	Crumpet and spread Melon (2,7,)	Cream crackers with cheese spread Sliced grape and apple slices (2,7)	Toast and spread Apple or Pear (2,7)
Cooked lunch (11:45am – 1:00pm) *Additional £3.00 Bookable through reception (Drinks: Water Only)	Pasta Primavera and Garlic Bread (2,7)	Salmon and Pea Risotto (5)	Mixed Bean and Chicken Casserole with Potato Bites and Mixed Vegetables (13)	Flavourful Chickpea and Vegetable Curry with Rice	Beef and Vegetable Ratatouille (2)
	Satsuma and raisins	Greek Yogurt (7)	Apple or Pear	Fruit Yoghurt (7)	Custard (7)
Mid- afternoon Snack (Drinks: Milk or Water) (14:00pm-15:00pm)	Rice cake with spread Sliced banana and plain yogurt (7)	Crumpet and spread Apple and raisins (2,7)	Carrot sticks, sliced cheese and crackers (2,7)	Wholemeal pitta bread, cucumber sticks and hummus (2,7)	Cheese crackers Fruit platter (2,7)

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-morning Snack (9:15am – 10:15am) (Drinks: Milk or Water)	Crumpet and spread Sliced grape and apple (2,7)	Toast and spread Banana & raisins (2,7)	Crumpet and spread Oranges (2,7)	Cream cheese crackers and tomato slices (2,7)	Toast and spread Apple or Pear (2,7)
Cooked lunch (11:45am – 1:00pm) <i>*Additional £3.00</i> <i>Bookable through</i> <i>reception</i> (Drinks: Water Only)	Cheesy Vegetable and lentil Pasta Bake (2,7)	Roast Gammon, Roasties and Seasonal Vegetables (2,13)	Turkey and lentil Spaghetti Bolognaise (2)	Fish Pie (2) (5,7)	Chicken Fajitas and Cous Cous (2,13)
	Satsuma and raisins	Fruit yogurt (7)	Apple or Pear	Melon or grapes	Greek Yogurt (7)
Mid- afternoon Snack (2:00pm-3:00pm) (Drinks: Milk or Water)	Cucumber and Pepper sticks, pitta bread and hummus (2,7,12)	Rice cake with spread Sliced banana and plain yogurt (2,7)	Crackers and spread Greek yogurt and peach slices (2,7)	Rice cake with yeast extract spread Banana and raisins (2,7)	Cream crackers with cheese spread Fruit Platter (2,7)

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11	Peanuts	12	Sesame Seeds	13	Soya	14	Sulphur Dioxide		