



Little Owls Day Nursery- Winter Menu 2024/2025



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Children can choose from a selection of wholegrain cereals, toast with a variety of spreads and toppings or fruit and fromage frais.				
Morning Snack	Oranges and Toast fingers	Crackers, cheese and cucumber	Crudités with dip of the day	Banana and breadsticks	Digestive biscuit, cheese and apple
Lunch	Sweet and sour chicken, rice with sweetcorn <i>Allergen Free</i> Swiss roll and custard Wheat egg soya dairy	Sausages in gravy with golden roast potatoes and vegetable medley Wheat Soya Barley Rice pudding Dairy	Fish cakes, chips and peas Wheat <hr/> Peaches with natural yoghurt Dairy	Beef stew and dumplings with mash potato and broccoli Wheat <hr/> Orchard fruit salad	Penne pasta in a tomato and basil sauce with peas and garlic bread Wheat Gluten <hr/> Bananas and custard Dairy
Afternoon Snack	Crudités with dip of the day	Toast fingers with pear	Digestive biscuit with cheese	Crackers, cheese and cucumber	Toast fingers with pears
Tawny Owl Tea (weaning option)	Cauliflower Cheese Dairy	Same as below	Tomato based baby pasta <i>Allergen Free</i>	Same as below	Tomato Soup Dairy
Tea	Buttered crumpets with cheese cubes and cucumber Wheat Fruit Yoghurt Dairy	Oven baked Jacket Potato/ sweet potato with a variety of fillings Dairy Fruit Salad	Pitta pizza with cucumber sticks Wheat Dairy Malt loaf Wheat Barley	Spaghetti on toast Wheat Cupcake Dairy	Sausages in a roll with salad sticks Wheat Soya Fromage Frai Dairy

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast £0.50	Children can choose from a selection of wholegrain cereals, toast with a variety of spreads and toppings or fruit and fromage frais.				
Morning Snack	Bananas with toast fingers	Breadsticks with pear	Crackers, cucumber and Cheese	Digestive biscuit with cheese and apple	Crudities with dip of the day
Lunch £2.30	Roast chicken with golden roast potatoes and vegetable medley <i>Allergen Free</i> Swiss roll and custard <i>Wheat egg soya dairy</i>	Beef lasagne with sweetcorn and wedges <i>Wheat Dairy</i> Rice pudding <i>Dairy</i>	Vegetarian Tikka Masala with rice and naan bread <i>Dairy Egg Mustard</i> Bananas and custard <i>Dairy</i>	Fish cakes with mini croquette potato and peas <i>Wheat</i> Plum with natural yoghurt <i>Dairy</i>	Cottage pie with green beans <i>Dairy</i> Whipped Lemon mousse <i>Dairy</i>
Afternoon Snack	Orange wedges with toast fingers	Crudités with dip of the day	Digestive biscuit , cheese and apple	Bananas with breadsticks	Toast fingers and pear
Tawny Owl Tea (weaning option)	Tomato based baby pasta <i>Allergen Free</i>	Cauliflower Cheese <i>Dairy</i>	Same as Below	Tomato Soup <i>Dairy</i>	Same as below
Tea £1.20	Pitta pizzas with cucumber sticks <i>Wheat Dairy</i> Malt Loaf	Buttered crumpet with cheese cubes and cucumber <i>Wheat</i> Fruit Yoghurt <i>Dairy</i>	Spaghetti on toast <i>Wheat</i> Fromage Frais <i>Dairy</i>	Sausage in a roll with salad sticks <i>Wheat Soya</i> Cupcake <i>Egg Dairy Wheat</i>	Oven baked jacket potatoes/Sweet potatoes with a variety of fillings <i>Dairy</i> Fruit Salad