

## SPLAT Day Nursery & Forest School - Spring/Summer 2024 - Menu 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:00-7:30	Selection of whole-grain cereals such as fortified wholewheat biscuit cereals or shredded wheat provided and served with milk or a sugar-free alternative and a selection of fresh fruits. <b>Or</b> Toast With jam or butter and a selection of fresh fruits				
Snack 9:30- 10:00 <i>(All snacks are prepared by our children)</i>	Bananas, Apples & breadsticks with a selection of spreads 2,7	Watermelon, Honeydew melon & Toast with a selection of spreads 2	Pears, Oranges, Crackers with a selection of spreads 2	Clementines, Blueberries & Rice cakes with a selection of spreads	Strawberries, Pineapples & Crumpets with a selection of spreads 2
	Milk/Water 100-150ml				
Lunch 11:30- 12:00	Spaghetti Bolognese with Whole Grain pasta & a cheese sparkle 2,7	Ham, Chips & Sweetcorn	Macaroni & Cauliflower Cheese with Edible Peas (2,7)	Mild Chickpea & Chicken Curry with Pilau rice & Poppadoms	Breaded Cod Bites with Herby Potatoes & Carrots 2,4,5
	Very Berry Eton Mess (fromage frais) 4,7	Mango Oat Milk Lollies	Banana Cake 2	Apple Crumble Cupcakes 2,4	Beetroot Brownies 2
Snack 14:00 -14:30 <i>(All snacks are prepared by our children)</i>	Cucumber & Tomatoes with Cream Crackers & a selection of spreads 2,7	Cherry tomato and Sweetcorn with Crispbreads & a selection of spreads 2,7	Sweet Peppers & Cucumber with Breadsticks & a selection of spreads 2,7	Baby Corn & Mangetout with Pitta & a selection of spreads 2	Carrot & Sugar Snaps with Butter puff crackers & a selection of spreads 2,7
	Milk/Water 100-150ml				
Tea 16:00-16:30	Tuna Mayonnaise wholemeal pittas with Sweetcorn & Rocket Salad	Roasted vegetable Pasta with Grated Mozzarella (Courgettes, Cherry Tomato, Red Onions) 2,7	Tomato, Turkey & Basil Seeded Sandwiches with Gem lettuce 2	Jacket Potato with Homemade Baked Beans & a Side Of Salad 2	Edam Cheese & Red Onion Sandwich with Pomegranate salad 2,7
	Large Orange Boats(40g)	Bananas(40g)	Strawberries (40g)	Mixed Grapes(40g)	Pineapple sticks (40g)
<p>Fresh drinking water will be available and accessible at all times.</p> <p>We will provide an alternative option to ensure we are inclusive of all religious and dietary requirements.</p> <p>All food is made fresh on-site daily by our cook and meat is locally sourced.</p>					
<p><b>Allergens:</b> Celery (1), Cereals containing gluten (2.) Barley (2.1) Rye (2.3) Triticale (2.4) Durum (2.5) Emmer (2.6) Semolina (2.7) Spelt (2.8) Farina (2.9) Farro (2.10) Graham (2.11) KAMUT® (2.12), Crustaceans (3), Eggs(4), Fish (5), Lupin (6), Milk (7), Molluscs (8), Mustard (9), Peanuts (10), Sesame (11), Soyabean (12), Sulphur dioxide and sulphites (13), Tree nuts</p>					

## SPLAT Day Nursery & Forest School - Spring/Summer 2024 - Menu 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:00-7:45	Selection of whole-grain cereals such as fortified wholewheat biscuit cereals or shredded wheat provided and served with milk or a sugar-free alternative and a selection of fresh fruits. <b>Or</b> Toast With jam or butter and a selection of fresh fruits				
Snack 9:30- 10:00 <i>(All snacks are prepared by our children)</i>	Strawberries & Bananas With Buttered Crumpets 2	Watermelon & Apples With Breadsticks & Jam 2	Clementines & Honeydew Melon With Rice Cakes	Apples & Oranges With Crackers & a Greek Yogurt Dip 2,7	Blueberries, Cream Cheese & Toast 2,7
	Milk/Water 100-150ml				
Lunch 11:30- 12:00	Chicken and Chickpea Stew With Carrots & Rice	Salmon Fillet With Potatoes & Evil Peas 5	Chilli Con Carne With Tortilla Triangles & Couscous Salad 2	Tuna & Lentil Neapolitan with Sweetcorn 2,5	Self Serve Finger Rolls (BBQ Pork Mince, Shredded Lettuce And Grated Cheese) 2,7
	Orange & Poppy Seed Oat Squares with Satsumas	Strawberry Milk Lollies 7	Mixed Berry Yogurt 7	Banana & Dark Chocolate Chip Cake 2,12	Raspberry & raisin Oat Cookies
Snack 14:00 -14:30 <i>(All snacks are prepared by our children)</i>	Butter Puff Crackers With Rainbow Sweet Peppers & Dip 2,7	Carrot & Cucumber Sticks With Wraps & Dip 2,7	Baby Corn & Cucumber With Pittas and Dip 2	Sugar Snap Peas with Crackers & Dip 2	Sweetcorn & Tomatoes With Crispbread & Dip 2
	Milk/Water 100-150ml				
Tea 16:00-16:30	Red Leicester & Basil Bagels With Sweetcorn 2,7	Spinach, Cheesy Penne Pasta 2,7	Jacket Potato With Baked Beans & Salad	Ham & Mozzarella Wholegrain Pitta Pizza With Pea Shoots 2,7	Tea Party (Selection of Sandwiches with Salad) 2,7
	Pineapples Slices	Classic School Tray Bake 2,4	Cherry Shortbread 2	Mango Ice Lollies	Red & Green Apple Slices (40g)

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## SPLAT Day Nursery & Forest School - Spring/Summer 2024 - Menu 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:00-7:45	Selection of whole-grain cereals such as fortified wholewheat biscuit cereals or shredded wheat provided and served with milk or a sugar-free alternative and a selection of fresh fruits. <b>Or</b> Toast With jam or butter and a selection of fresh fruits				
Snack 9:30- 10:00 <i>(All snacks are prepared by our children)</i>	Clementines & Grapefruit With Toast & Butter 2	Rice Cakes With Summer Berries	Apples & Watermelon With Jammy Crumpets 2	Bananas & Strawberries with Cream Cheese & Bagels 2	Pineapple & Oranges with Rice Cakes (12)
	Milk/Water 100-150ml				
Lunch 11:30- 12:00	Self Serve Mediterranean Lentil Pasta ( Courgette, Onions, Garlic and Mixed Peppers) 2,7	Sweet & Sour Chicken (Peppers, Carrots & Pineapples) with Egg Noodles 4,12	Salmon With Hollandaise Sauce, New Potatoes & Broccoli 5	Beef & Spinach Ragu Pasta Bake with Garlic Bread 2,7	Self Serve Chicken Fajitas (Grilled Onion , Peppers , Grated Cheese & Mini Wraps) 2,7
	Banana & Mango Smoothie	Blueberry Energy Bites	Lemon Cupcakes 2,4	Chocolate Orange Protein Balls with Orange wedge	Magical Mango Delight 7
Snack 14:00 -14:30 <i>(All snacks are prepared by our children)</i>	Cucumber & Baby Corn With Cream Crackers & Parsley Yogurt Dip 2	Carrot & Sugar Snaps With Bread Sticks 2,7	Peppers & Cucumber With Cheese Straws 2	Pittas With Sweet Corn & Cherry Tomatoes 2	Carrot And Baby Corn with Breadsticks & Dip 2
	Milk/Water 100-150ml				
Tea 16:00-16:30	Soft Bruschetta & Turkey ( Tomato, Onion ,Parsley ) 2	Cheesy Beans On Toast 2,7	Cheesy, Leek Quiche with Rocket Salad 2,4,7	Picnic Sandwiches With Cucumber Sticks 2,7	tuna mayo Pittas with Salad 2,4,5
	Tropical Fruit (Pineapple And Kiwi)	Mixed Melon Slices (40g)	Mixed Grapes (40g)	Oranges & Grapefruit Boats	Bananas & Blueberries (40g)
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