Archfield House Nursery

Autumn/Winter Menu - Week 1

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Cracker/homemade bread/rice cakes Orange Tomato	Cracker/homemade bread/rice cakes Apple Mange tout	Cracker/homemade bread/rice cakes Grapes Avocado	Cracker/homemade bread/rice cakes Pear Carrot	Cracker/homemade bread/rice cakes Soft cheese Peppers
Lunch	Turkey & squash chilli with brown rice (V minced quorn) Blueberry greek yoghurt	Spicy mango salmon with vegetables & mixed grains (V tofu) Apricots with crème fraiche	Lentil & vegetable casserole with mashed potato Banana natural yoghurt	Creamy mackerel & pepper rigatoni (V cannellini beans) Cinnamon pears with custard	Persian lamb stew with natural yoghurt & flatbread (V chickpeas) Vanilla rice pudding
TEA	Cheesy beany wholemeal/mixed seed sandwiches with crudites Mandarins	Pitta bread with hummus & tomato Lemon courgette cake	Tuna couscous & cucumber salad (V egg) Oranges	Broccoli, stilton & split pea soup with crusty bread Banana	Corn cakes with lentil & Sweet potato pate with celery Peaches

Each day a different cracker/crispbread/rice cake/homemade bread will be offered with snack
Milk will be offered every day with snack
No added sugar or salt
Dishes are adapted for individual dietary needs as necessary
Seasonal vegetables are served with lunch
Water is served at lunch & tea and is available throughout the day