Archfield House Nursery

Autumn/Winter Menu - Week 2

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Cracker/homemade bread/rice cakes Apple Pepper	Cracker/homemade bread/rice cakes Plum Avocado	Cracker/homemade bread/rice cakes Soft cheese Mushrooms	Cracker/homemade bread/rice cakes Orange Sugar snap peas	Cracker/homemade bread/rice cakes Kiwi Carrot
Lunch	Harissa cauliflower & chickpea pilaf Pears with fromage frais	Bobotie with boiled potatoes (V minced quorn) Mixed berry natural yoghurt	Fennel spirali with sardines (V black eye beans) Strawberry semolina	Chicken tagine with lemon & coriander couscous (V borlotti beans) Cheddar cheese & pineapple	Haddock chowder with crusty bread (V egg) Fruit crumble & custard
TEA	Jacket potato with homemade baked beans & cheese Fruit salad	Warm chickpea & rice salad Bananas	Carrot & lentil soup with wholemeal bread Melon	Mackerel pate with toasted muffins & carrot sticks Seed & apricot flapjacks	Bagels with sundried tomato hummus & crudites Apple

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