Archfield House Nursery

Autumn/Winter Menu - Week 4

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Cracker/homemade bread/rice cakes Soft cheese Celery	Cracker/homemade bread/rice cakes Grapes Carrot	Cracker/homemade bread/rice cakes Banana Sugar Snap peas	Cracker/homemade bread/rice cakes Pear Broccoli	Cracker/homemade bread/rice cakes Orange Cucumber
Lunch	Mackerel & potato bake (V chickpeas) Date and apple cake with marscapone	Duck ragu with conchiglie (V kidney beans) Red leicester with apple	Minced pork a la creme with pearl barley & lentils (V minced quorn) Blackberry greek yoghurt	Cod, kale & coconut curry with vegetable rice (V quinoa & lentils) Vanilla & cinnamon semolina	Quorn sausage & butterbean casserole with roasted paprika potatoes Strawberry natural yoghurt
TEA	Flat bread with greek style orzo & butter bean salad Oranges	Spiced cauliflower, parsnip & chickpea soup with naan bread Pear	Pitta bread with sundried tomato hummus & peppers Mixed fruit and seed slice	Bagels with cream cheese & lentil pate with crudites Apricots	Tuna mayonnaise wholemeal/seeded bread sandwiches with celery (V egg) Fruit salad

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