Chestnut Tree
DAY NURSERY

Autumn & Winter Menu

Week One

Please let the nursery team know about any allergies or dietary needs.

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Breadsticks with houmous & melon Gluten, Sesame	Wholemeal Marmite soldiers with pineapple Gluten	Cream crackers & celery sticks Gluten, Celery	Multigrain crackers & fruit salad Gluten	Carrot, celery & cucumber sticks with guacamole dip Celery
Lunch	Pasta in a rich tomato sauce with roasted vegetables Gluten	Roast chicken with a selection of vegetables & roast potatoes No major allergens	Chilli con carne with brown rice & cucumber sticks No major allergens	Creamy fisherman's pie with petit pois & cauliflower Fish, Gluten, Milk	Lamb & lentil curry served with mash potatoes No major allergens
Vegetarian option	As above Gluten	Quorn fillet with a selection of vegetables & roast potatoes Egg	Quorn chilli con carne with rice & cucumber sticks Egg	Creamy vegetable pie with petit pois & cauliflower Gluten, Milk	Quorn sausage, mash potatoes & mixed vegetables Gluten, Egg
Dessert	Bananas No major allergens	Warm winter fruit salad with Greek yoghurt Milk	Fresh fruit cocktail No major allergens	Peaches No major allergens	Winter fruit berries No major allergens
Tea	Sliced ham & chives on warmed baguette with spinach salad Gluten	Pesto & cheese pinwheels Gluten, Milk	Homemade vegetable soup with fresh baked crusty bread Gluten	Tuna on wholemeal rolls with mixed salad Fish, Gluten	Baked beans on wholemeal toast Gluten
Dessert	Pears No major allergens	Watermelon No major allergens	Apples No major allergens	Kiwi fruit No major allergens	Strawberries No major allergens

Food groups Carbohydrates · Proteins · Dairy · Fruit & vegetables — Coloured words show which food group each ingredient belongs to

Allergen key Gluten · Milk · Egg · Fish · Sesame · Celery — Gluten = cereals containing gluten (e.g. wheat, barley)

www.chestnuttreedaynursery.co.uk

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Autumn & Winter Menu

Week Two

Please let the nursery team know about any allergies or dietary needs.

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Wholemeal pitta fingers with houmous dip & bananas Gluten, Sesame	Italian breadsticks with tzatziki dip & pears Gluten, Milk	Carrot, celery & cucumber sticks with guacamole dip Celery	Wholemeal toast fingers with Marmite & fresh fruit Gluten	Multigrain crackers & honeydew melon Gluten
Lunch	Breaded vegetable fingers with potato wedges & winter vegetables Gluten	Mac & cheese with sweetcorn Gluten, Milk	Pork sausage toad in the hole, mash potatoes & vegetables Gluten, Milk, Egg	Chicken & butter bean casserole with rice No major allergens	Beef lasagne with garlic bread Gluten, Milk
Vegetarian option	As above Gluten	As above Gluten, Milk	Quorn sausage toad in the hole, mash potatoes & vegetables Gluten, Milk, Egg	Vegetable & butter bean casserole with rice No major allergens	Quorn lasagne with garlic bread Gluten, Milk, Egg
Dessert	Greek-style yoghurt with a fresh fruit purée Milk	Apple No major allergens	Banana No major allergens	Pineapple & kiwi No major allergens	Fruit cocktail No major allergens
Tea	Toasted cheese sandwiches Gluten, Milk	Fill & eat pitta pockets with chicken, served with salad Gluten	Ham & tomato pizza wraps Gluten, Milk	Tuna & sweetcorn baguettes Fish, Gluten	Sweet jacket potato with salmon Fish
Dessert	Peaches No major allergens	Watermelon No major allergens	Pears No major allergens	Kiwi fruit No major allergens	Strawberries No major allergens

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Nutritional Information

The colour key used on our Autumn & Winter menu

Carbohydrates

Bread, cereals, pasta, rice, cous cous and potatoes

PROVIDES

Vitamins B1, B2, B3, B6, B9, D, E, fibre and iron

Proteins

Red meat, white meat, fish and Quorn alternatives

PROVIDES

Vitamins A, B, C, D, E, protein and iron

Dairy

Milk, cheese, butter and yoghurts

PROVIDES

Vitamins A, B1, B2, B3, B6, B9, D, K, fat and calcium

Fruit & vegetables

Fresh fruit and vegetables

PROVIDES

Vitamins A, B1, B2, B3, B5, B6, B9, B12, C, D, E, K, fibre and iron

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