

Lakehouse Nursery Menu 2021

Week 1 Jan - Mar	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Cowboy Casserole with Pea's & Corn	Roast Turkey with Stuffing, Roast Potatoes & Seasonal Vegetables Contains Gluten	Garlic Chilli Chicken with Rice	Chorizo & Pollock Pasta Contains Gluten	Persian Lamb Tagine with Cous Cous
Vegetarian	Cowgirl Lentil Casserole with Pea's & Corn Contains egg	Roast Quorn with Stuffing, Roast Potatoes & Seasonal Vegetables Contains Egg & Gluten	Garlic Chilli Vegetables with Red Lentils & Rice	Roasted Vegetable Pasta Contains Gluten	Persian Vegetable Tagine with Cous Cous
Pudding	Cinnamon French Toast with Orange Compote Contains Dairy & Egg	Banana's & Chocolate Custard Contains Dairy & Gluten	Blueberry Muffins Contains Gluten	Tiffin Contains Gluten & Dairy	Rhubarb & Raspberry Crumble with Custard Contains Gluten & Dairy
Weaning 6-9 m	Parents requests	Parents requests	Parents requests	Parents requests	Parents requests
Tea	Sweet & Sour Vegetable Noodles Contains Egg	Creamy Roasted Red Pepper Pasta Contains Gluten & Dairy	Beef & Red Onion Plait with Crudites Contains Gluten & Dairy	Welsh Rarebit with Hot Tomato Salad Contains Gluten & Dairy	Sausage, Potato & Sweet Potato Tray Bake
Vegetarian	As above	As above	Mushroom & Red Onion Plait with Crudites	As above	Quorn Sausage, Potato & Sweet Potato Traybake Contains Egg
Pudding	Custard Puff Contain Dairy & Gluten	Oat & Raisin Cookie Contains Dairy & Gluten	Organic Fruit Yogurt Contains Dairy	Apple Cake Contains Gluten	Melon Slices
Weaning 6-9 m	Parents requests	Parents requests	Parents requests	Parents requests	Parents requests

Some dishes may contain allergens, for more information please see the kitchen staff

Weaning 6-9 months: Children will be offered a variety of freshly made fruit and vegetable purees based on discussion with parents to determine their particular likes/dislikes and previous experience with food.

BREAKFAST: Cereals, toast, bagels, crumpets, fresh fruit & milk or water. **SNACKS:** Crackers, breadsticks, malt loaf, fresh fruit, vegetable sticks & milk or water.