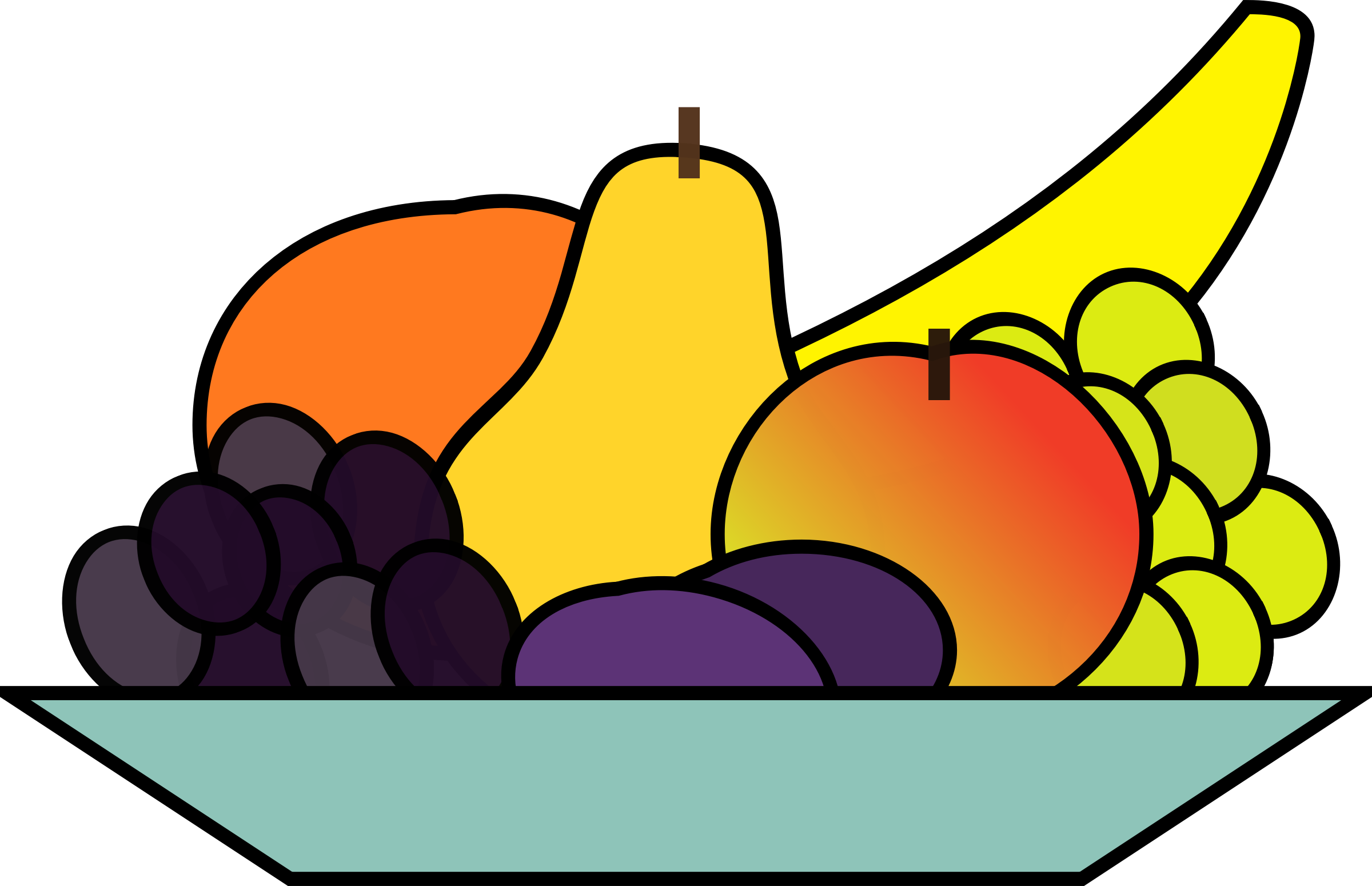
Old Doune Road Nursery – Snack and meal menu

WEEK 1

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| **DAY** | **MORNING SNACK** | **LUNCH** | **AFTERNOON SNACK** |
| **Monday** | Ricecakes | Macaroni cheese with peas and sweet corn  Yoghurt and fruit | Vegetable fajitas (peppers, onions, tomatoes and seasoning)  **Wheat** |
| **Tuesday** | Fruit salad with natural yoghurt dipping  **Milk** | Chicken and vegetable curry with boiled rice  Jelly and fruit | Minestrone Soup (onion, carrots, celery, broken spaghetti, runner beans, chopped tomato and veg stock)  (1/2 slice white bread)  **Milk, celery, wheat** |
| **Wednesday** | Black pepper thins with tzatziki dip  **Wheat, Barley, Milk** | Pea soup with wholemeal bread  Rice Pudding | Chunky Vegetable Pasta  **Wheat** |
| **Thursday** | Crumpets  **Wheat** | Bangers and mash with mixed vegetables  Yoghurt and fruit | Filled pitta pocket (tuna)  **Fish, wheat** |
| **Friday** | Rice crispies  **Milk, barley** | White fish with tomato pasta  Flapjacks | Toast and beans  (Wholemeal Bread)  **Wheat** |



Morning and afternoon snack come with fresh fruit or vegetables

Snacks may change day due to expiry dates of food delivered