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 cornYoghurt 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 breadRice Pudding | Chunky Vegetable Pasta **Wheat** |
| **Thursday** | Crumpets**Wheat** | Bangers and mash with mixed vegetablesYoghurt and fruit | Filled pitta pocket (tuna)**Fish, wheat** |
| **Friday** | Rice crispies**Milk, barley** | White fish with tomato pastaFlapjacks | 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