



Bright Starts Nursery Summer Menu.



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Fresh vegetable sticks, bread sticks, rice cakes crackers, toast offered with a choice of milk or water. (Barley, wheat, milk)	Fresh vegetable sticks, bread sticks, rice cakes crackers , toast offered with a choice of milk or water (Barley, wheat, milk)	Fresh vegetable sticks, bread sticks, rice cakes cracker, toast offered with a choice of milk or water (Barley, wheat, milk)	Fresh vegetable sticks, bread sticks, rice cakes crackers, toast offered with a choice of milk or water (Barley, wheat, milk)	Fresh vegetable sticks, bread sticks, rice cakes crackers, toast offered with a choice of milk or water (Barley, wheat, milk)
Lunch	Chicken & Sweetcorn Pasta Bake (wheat) Fresh fruit salad	Hot chicken wraps, potato wedges (Wheat) Fresh fruit salad	Fish goujons, mini potatoes, carrots. (Fish) Fresh fruit salad	Mini jacket potatoes with a choice of fillings (cheese or beans) Fresh fruit salad	Tomato and garlic pasta (wheat) Fresh fruit salad
PM Snack	Fresh vegetable sticks, bread sticks, rice cakes, toast, crackers offered with a choice of milk or water. (Barley, wheat, milk)	Fresh vegetable sticks, bread sticks, rice cakes, toast, crackers offered with a choice of milk or water. (Barley, wheat, milk)	Fresh vegetable sticks, bread sticks, rice cakes, toast, crackers offered with a choice of milk or water. (Barley, wheat, milk)	Fresh vegetable sticks, bread sticks, rice cakes, toast, crackers offered with a choice of milk or water. (Barley, wheat, milk)	Fresh vegetable sticks, bread sticks, rice cakes, toast, crackers offered with a choice of milk or water. (Barley, wheat, milk)
Tea	Selection of hot teas – crumpets, fruit toast, bagels and cheese, potato cakes, cheese and crackers, apples (wheat, barley, milk)	Selection of hot teas – crumpets, fruit toast, bagels and cheese, potato cakes, cheese and crackers, melon (wheat, barley, milk)	Selection of hot teas – crumpets, fruit toast, bagels and cheese, potato cakes, cheese and crackers, bananas (wheat, barley, milk)	Selection of hot teas – crumpets, fruit toast, bagels and cheese, potato cakes, cheese and crackers, oranges (wheat, barley, milk)	Selection of hot teas – crumpets, fruit toast, bagels and cheese, potato cakes, cheese and crackers, pears (wheat, barley, milk)

All food is subject to availability and may be subject to change on the odd occasion. An alternative will be provided daily to meet the children's allergy and dietary requirements.

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