



# Bright Starts Nursery Winter Menu.



| Week 1          | Monday                                                                                                              | Tuesday                                                                                                             | Wednesday                                                                                                           | Thursday                                                                                                            | Friday                                                                                                              |
|-----------------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| <b>AM Snack</b> | Fresh fruit, veg, bread sticks and crackers offered with a choice of milk or water.<br><b>(Barley, wheat, milk)</b> | Fresh fruit, veg, bread sticks and crackers offered with a choice of milk or water.<br><b>(Barley, wheat, milk)</b> | Fresh fruit, veg, bread sticks and crackers offered with a choice of milk or water.<br><b>(Barley, wheat, milk)</b> | Fresh fruit, veg, bread sticks and crackers offered with a choice of milk or water.<br><b>(Barley, wheat, milk)</b> | Fresh fruit, veg, bread sticks and crackers offered with a choice of milk or water.<br><b>(Barley, wheat, milk)</b> |
| <b>Lunch</b>    | Spaghetti bolognaise<br><b>(wheat)</b><br>Fresh fruit                                                               | Chicken stew<br><b>(Flour, Wheat)</b><br>Fresh fruit                                                                | Cowboy pie (mashed potatoes, beans, ham and cheese)<br><b>(Wheat, milk)</b>                                         | Cheesy vegetable pasta bake<br><b>(Milk, Wheat)</b>                                                                 | Sausage surprise<br><b>(Sulphites, wheat)</b>                                                                       |
| <b>PM Snack</b> | Fresh fruit, veg, bread sticks and crackers offered with a choice of milk or water.<br><b>(Barley, wheat, milk)</b> | Fresh fruit, veg, bread sticks and crackers offered with a choice of milk or water.<br><b>(Barley, wheat, milk)</b> | Fresh fruit, veg, bread sticks and crackers offered with a choice of milk or water.<br><b>(Barley, wheat, milk)</b> | Fresh fruit, veg, bread sticks and crackers offered with a choice of milk or water.<br><b>(Barley, wheat, milk)</b> | Fresh fruit, veg, bread sticks and crackers offered with a choice of milk or water.<br><b>(Barley, wheat, milk)</b> |
| <b>Tea</b>      | Selection of hot teas -potato cakes, fruit toast, crumpets, spaghetti/beans on toast                                | Selection of hot teas -potato cakes, fruit toast, crumpets, spaghetti/beans on toast                                | Selection of hot teas -potato cakes, fruit toast, crumpets, spaghetti/beans on toast                                | Selection of hot teas -potato cakes, fruit toast, crumpets, spaghetti/beans on toast                                | Selection of hot teas -potato cakes, fruit toast, crumpets, spaghetti/beans on toast                                |

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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