

Amberley Hall Nursery Menu – For Allergens contents highlighted in red.

Week 1	Breakfast	Lunch	Pudding	Tea
Monday	Choice of Cereal, Whole meal Toast, Crumpets or Boiled Eggs Contains: Gluten, Egg, Dairy, Soya	Three cheese and potato pie with seasonal vegetables and beans. Contains: Dairy Suitable for Vegetarians	Fromage Frais Dairy	Lentil dahl with chapatti and dips. Contains: Dairy. Suitable for Vegetarians. Fresh Fruit
Tuesday	Choice of Cereal, Whole meal Toast, Crumpets or Boiled Eggs Contains: Gluten, Egg, Dairy, Soya	Beef and autumn vegetables in Italian ragu with pasta and cheese. Contains: Wheat, Dairy, Meat	Fruit Fruit	Tomato Bruschetta & Kabanais sausages and cucumber sticks. Fresh Fruit Contains: Wheat, Dairy, Meat
Wednesday	Choice of Cereal, Whole meal Toast, Crumpets or Boiled Eggs Contains: Gluten, Egg, Dairy, Soya	Cream and tarragon chicken thighs, with puff pastry heart, fresh vegetables, rice, and parsnip crisps. Contains: Dairy, wheat, Meat	Watermelon Slice	Homemade fish patties with hoops and raw vegetable sticks Contains: Fish, Wheat Fresh Fruit
Thursday	Choice of Cereal, Whole meal Toast or Pancakes Contains: Gluten, Egg, Dairy, Soya	Vegetarian lasagne, peas and garlic bread, with potato wedges. Contains: Dairy, Wheat. Suitable for Vegetarians.	Fresh Fruit	Butternut Squash and sweet potato soup, with crusty bread and butter. Contains: Dairy, Wheat. Suitable for Vegetarians
Friday	Choice of Cereal, Whole meal Toast or Porridge Contains: Gluten, Egg, Dairy, Soya	Chicken and chickpea curry, turmeric and pea rice, garlic and coriander naan and dips Contains: Wheat, Dairy, Meat.	Rice pudding and apple puree. Dairy.	Mixed sandwiches, sausage rolls. Fresh Fruit Contains: Dairy, Wheat, Meat.
Week 2	Breakfast	Lunch	Pudding	Tea
Monday	Choice of Cereal, Whole meal Toast or Pancakes Contains: Gluten, Egg, Dairy, Soya	Wild mushroom and prawn risotto, broccoli, and potato wedges. Contains: Shellfish	Fruit	Mixed sandwiches. Fresh Fruit, cheese, and pineapple. Contains: Dairy, Wheat, and soya
Tuesday	Choice of Cereal, Whole meal Toast or Porridge Contains: Gluten, Egg, Dairy, Soya	Cod, Haddock and salmon pie, beans and seasonal veg. Contains: Dairy, fish.	Fruit	Homemade coconut and pumpkin soup and crusty bread. Contains: Dairy, wheat. Suitable for Vegetarian
Wednesday	Choice of Cereal, Whole meal Toast, Crumpets or Boiled Eggs Contains: Gluten, Egg, Dairy, Soya	Roast venison and pumpkin with crispy roast potato vegetables and redcurrant gravy. Contains: Wheat, Dairy	Rice pudding Dairy	Pizza and Warm salad. Contains: Dairy, wheat. Suitable for vegetarians.
Thursday	Choice of Cereal, Whole meal Toast, Crumpets or Boiled Eggs Contains: Gluten, Egg, Dairy, Soya	Black bean and kidney bean chilli with flat bread dips and pasta Contains: Dairy, Wheat. Suitable for vegetarians.	Cheese and Biscuits Wheat, Dairy	Cauliflower cheese and pasta Fresh Fruit Suitable for vegetarians Contains: Wheat, Dairy
Friday	Choice of Cereal, Whole meal Toast or Porridge Contains: Gluten, Egg, Dairy, Soya	Toad in the hole with creamy mash and fresh vegetables. Contains: Egg, Wheat, Dairy, Meat	Watermelon slice	Jacket Potatoes with beans and cheese, homemade bread sticks with pumpkin dip. Contains: Dairy, Wheat