

WINTER MENU

T= tomatoes S=soya E=egg F=fish
C=celery W=wheat D=dairy
B=barley O=oat cc=cereal
containing gluten CT=crustaceans
M=molluscs M=mustard
SS=sesame seeds
SD=sulfer dioxide L=lupin NA=no
known allergens



Norbury

Water and milk are available throughout the day. Allergies and dietary requirements will need to be discussed individually. Children with dietary restrictions will have meals prepared according to their needs.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Continental breakfast: including a selection of cereals, toast, milk and fresh fruit	Warm porridge topped with honey or a sprinkle of sugar	Continental breakfast: including a selection of cereals, toast, milk and fresh fruit	Continental breakfast: including a selection of cereals, toast, milk and fresh fruit	Continental breakfast: including a selection of cereals, toast, milk and fresh fruit
SNACK	Fruit, biscuit, rice cake, or crackers O E W B D	Fruit, biscuit, rice cake, or crackers O E W B D	Fruit, biscuit, rice cake, or crackers O E W B D	Fruit, biscuit, rice cake, or crackers O E W B D	Fruit, biscuit, rice cake, or crackers O E W B D
LUNCH	Classic Spaghetti Bolognese with Cheese served with vegetable batons W T D C	Traditional Thai Green Curry with Chicken served alongside rice W C M S	Our comforting 'roast of the week' served with seasonal vegetables W B T C	baked cod served with sweet potato fries and green beans W T D	Baked vegetable balls served with mashed potatoes and seasonal vegetables D T E
DESSERT	Yogurt, Jelly, or petit filous	Yogurt, Jelly, or petit filous	Yogurt, Jelly, or petit filous	Yogurt, Jelly, or petit filous	Yogurt, Jelly, or petit filous
SNACK	Fruit, biscuit, rice cake, or crackers O E W B D	Fruit, biscuit, rice cake, or crackers O E W B D	Fruit, biscuit, rice cake, or crackers O E W B D	Fruit, biscuit, rice cake, or crackers O E W B D	Fruit, biscuit, rice cake, or crackers O E W B D
SUPPER	Crustless quiche served with vegetable batons	Rustic tomato pesto pasta topped with cheese and served with a side salad F D W B	Traditional Chicken Stew served with long grain rice and broccoli D B T	Choice of Quorn or mince Shepard's pie with seasonal vegetables W E D	Breaded cod or salmon served with creamy mashed potatoes and peas W D E C
DESSERT	A selection of fresh, seasonal fruit	A selection of fresh, seasonal fruit	A selection of fresh, seasonal fruit	A selection of fresh, seasonal fruit	A selection of fresh, seasonal fruit

From time to time we may have to **substitute menu choices**. All food is prepared and cooked by our wonderful **onsite Chef Sunny**. We make every effort to minimise or eliminate additives, preservatives and pre-processed ingredients and aim for organic when possible. We welcome any suggestions from parents, carers and staff to improve our menus. **Halal and Quorn** options are available daily.