**TOM THUMB NURSERY AUTUMN/WINTER 25/26 MENU**

**Week one;** 06*/10, 20/10, 03/11, 17/11, 01/12, 15/12, 12/01, 26/01, 09/02, 23/02, 09/03, & 23/03.*

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| **Breakfast** |
| Selection of Cereals, toast and fruit |

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| **Monday am & pm Snacks** | **Tuesday am & pm Snacks** | **Wednesday am & pm Snacks** | **Thursday am & pm Snacks** | **Friday am & pm Snacks** |
| A choice of milk or water |
| Crispbread with spread and marmite and apple slices | Rice cakes, cream cheese and orange slices | Wholemeal toast with cinnamon spread and banana slices | Crackers, cheddar cheese with pineapple sticks | Wholemeal pitta slices, cucumber sticks and hummus  |

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| **Monday Lunch** | **Tuesday Lunch** | **Wednesday Lunch** | **Thursday Lunch** | **Friday Lunch** |
| Shredded barbecue chicken (vegan pieces) with rice and black beans | Mixed bean tagine (peppers, beans and tomatoes) with cous cous | Sardine Arrabiata (tomatoes, peppers and carrots) | Lasagne (vegan mince, carrots, tomatoes & aubergine)  | Gammon (vegan sausage) with roasted root vegetables and mash |
| Greek yogurt with fruit puree | Blueberry and banana pancakes (ve)  | Bread and butter pudding | Mango, coconut and vanilla balls (ve) | Fruit smoothie  |

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| **Monday Tea** | **Tuesday Tea** | **Wednesday Tea** | **Thursday Tea** | **Friday Tea** |
| Tuna mayo jacket potatoes and kiwi slices(ve) | Pork and veg sausage rolls and carrots with dip | Slow cooker lentil soup and ham or cheese rolls  | Chicken pasta bake and satsumas | Beans on toast and scrambled egg |

***Lunch and tea are served with water, all meals are prepared and cooked from fresh on the premises by our qualified and experienced cook and may be subject to change with no notice.***

***a detailed list of what foods are affected by the 14 allergens is available on request***

**TOM THUMB NURSERY AUTUMN/WINTER 25/26MENU**

**Week two;** 29*/09, 13/10, 27/10, 10/11, 24/11, 08/12, 05/01, 19/01, 02/02, 16/02, 02/03, 16/03 & 31/03*

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| **Breakfast** |
| Selection of Cereals, toast and fruit |

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| **Monday am & pm Snacks** | **Tuesday am & pm Snacks** | **Wednesday am &** **pm Snacks** | **Thursday am & pm Snacks** | **Friday am & pm Snacks** |
| A choice of milk or water |
| Wholemeal pitta slices with cucumber sticks and hummus | Crispbread with spread and marmite and apple slices | Rice cakes, cream cheese and orange slices  | Wholemeal toast with cinnamon spread and banana slices  | Crackers with sliced cheddar and pineapple sticks |

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| **Monday Lunch** | **Tuesday Lunch** | **Wednesday Lunch** | **Thursday Lunch** | **Friday Lunch** |
| Cheesy salmon pasta with peas and broccoli  | Chicken (vegan pieces) and vegetable curry (cauliflower, carrots and butternut squash) with rice | Jacket potatoes with mixed bean chilli(ve) | Chicken (vegan pieces) noodle stew (sweetcorn and carrots) | Spaghetti Bolognese (beef mince/vegan mince, carrots, tomatoes & courgette) |
| Brownie (ve) | Fruit smoothie | Almond, coconut and dark chocolate balls (ve) | Greek yogurt with fruit puree | Blueberry and banana pancakes (ve) |

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| **Monday Tea** | **Tuesday Tea** | **Wednesday Tea** | **Thursday Tea** | **Friday Tea** |
| Beans on toast and scrambled egg | Chicken pasta bake and satsumas | Slow cooker lentil soup and ham or cheese roll | Jacket potatoes with tuna mayo and kiwi slices | Pork and veg sausage rolls and carrots with dip |

***All meals are served with water, all meals are prepared and cooked from fresh on the premises by our qualified and experienced cook and may be subject to change with no notice.***

 ***A detailed list of what foods are affected by the 14 allergens is available on request***