
























First Friends Menus – Allergen Information

Allergen symbols used to highlight potential allergens. Nursery Cooks also create 'Allergen matrix documents' to further detail allergens and checks are completed on purchased items.

Menu item	Dish	Allergens
Autumn/Winter Menus		
Beef and Spinach Curry <i>With brown rice & seasonal vegetables</i>	Lunch	
Herby Dip	Starter / Tea	 Milk
Fruit and Natural Yogurt	Pudding	 Milk
Jazzy Jackets – Beans & Cheese	Tea	 Milk
Sweet potato topped Quorn cottage pie	Lunch	 Gluten
Mini Crustless Quiches	Tea	  Egg Milk
Tuna Pasta Bake	Lunch	  Gluten Fish
Garlic Bread	Side	 Gluten
Stewed apples & Sultanas with Natural Yogurt	Pudding	 Milk
Tzatziki	Starter/Tea	 Milk
Mixed bean chilli <i>With seasoned wedges and vegetables</i>	Lunch	
Spinach and cheese pastry puffs	Tea	   Egg Milk Gluten
BBQ chicken <i>With new potatoes & seasonal vegetables</i>	Lunch	
Peach oatly crunch	Pudding	
Hummus	Starter/Tea	 Sesame

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Pizza Muffin	Tea	 
Beetroot dip	Starter	
Veggie sausage casserole <i>with mashed potato</i>	Lunch	
Savoury Rainbow Scones	Tea	 
Pork Ragu <i>with wholewheat pasta</i>	Lunch	
Banana, Apple and Beetroot cake	Pudding	 
Warm tuna and sweetcorn pitta pockets	Tea	 
Chickpea, lentil and spinach curry <i>with naan bread and rice.</i>	Lunch	
Jazzy Jackets – broccoli, sweetcorn and cream cheese	Tea	
Roast Chicken <i>with potatoes, Yorkshire pudding, gravy and vegetables.</i>	Lunch	  
Ham and cheese crumpets	Tea	 
Salmon and broccoli Pasta <i>With seasonal vegetables and garlic bread</i>	Lunch	  
Cheese and tomato pastry pinwheels	Tea	 
Natural yogurt with winter berry coulis	Pudding	
Beef Bolognese <i>With spaghetti & vegetables</i>	Lunch	


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Wrap Selection (Ham, cheese & Tuna)	Tea	  
Puff pastry chicken and mushroom pie With mash and seasonal vegetables	Lunch	  
Pizza Muffin	Tea	 
Bean & Vegetable enchiladas With peas and sweetcorn	Lunch	
Oaty Fruit Bars	Pudding	
Homemade vegetable soup	Tea	
Warm Crusty bread	Side	
Fish Cakes With new potatoes & Seasonal Vegetables	Lunch	 
Ploughman's Picnic (Crackers, cheese sticks, apple slices, ham & Hummus)	Tea	  
Natural Yogurt and Banana	Pudding	
Cheesy Leek Pasta Bake With seasonal vegetables	Lunch	 
Beans on wholemeal toast	Tea	
Spring/Summer Menu		
Creamy hidden vegetable pasta bake With vegetable sticks	Lunch	 
Creamy chicken curry With rice & seasonal vegetables	Lunch	


















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No added sugar berry cheesecake	Pudding	 Milk
Mini Mezza Platter (falafel, vegetable sticks, pitta dippers, cheese & dips)	Tea	   Milk Sesame Gluten
Vegetable & Herb dip	Starter/Tea	 Milk
Fish pie Topped with mash potato & seasonal vegetables	Lunch	  Milk Fish
Lemon & Herb chicken With sweet potato & vegetable tray bake	Lunch	
Jazzy Jackets – Ham, cheese & Tomato	Tea	 Milk
Tuna & Sweetcorn muffin melts	Tea	  Gluten Fish
Quorn Bolognese With wholewheat spaghetti, Garlic bread & Peas	Lunch	 Gluten
Shepherds Pie With mash potato & seasonal vegetables	Lunch	
Ham & Cheese pitta pockets	Tea	  Milk Gluten
Macaroni cheese With Garlic bread & seasonal vegetables	Lunch	  Milk Gluten
Sandwich selection (egg, cheese & Cucumber)	Tea	   Egg Milk Gluten
Turkey Meatballs With tomato sauce, spaghetti & seasonal vegetables	Lunch	 Gluten
Vegetable Biryani With Raita and naan bread dippers	Lunch	  Milk Gluten
Mini vegetable and cheese scones	Tea	  Milk Gluten

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Sweet and Sour Chicken <i>With noodles & stir fry vegetables</i>	Lunch	 Gluten
Frozen strawberry & banana yogurt	Pudding	 Milk
Banana Bread	Pudding	  Egg Gluten
Fish Fingers <i>With mashed potatoes & Baked Beans</i>	Lunch	  Gluten Fish
Mild beef chilli <i>With brown rice & Sweetcorn</i>	Lunch	
Wrap Selection <i>(cheese, ham, Egg)</i>	Tea	  Egg Gluten
Vegetable Lasagne <i>With Garlic bread & Peas</i>	Lunch	  Milk Gluten
Chicken & Pea risotto <i>With seasonal vegetables</i>	Lunch	 Milk
Jazzy Jackets – Tuna, cheese & sweetcorn	Tea	  Milk Fish
Roasted Quorn <i>With seasonal vegetables, potatoes, gravy</i>	Lunch	  Egg Milk
Banana, carrot & sultana muffins	Pudding	  Milk Gluten