

Jacqueline's Gems Nursery

Week One Menu

Key: Vegetarian Lactose Vegan	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal Toast, Cereal selection, Fresh Fruit.				
	ALL MEALS AND SNACKS ARE ACCOMPANIED BY EITHER MILK OR WATER				
Am Snack	Banana & Oatcake (Biscoff)	Cheese & Crackers	Melon & Cheese Bites	Orange & Apple	Mixed fruit
Lunch	Cheese Pasta & Sweetcorn	Ham or Cheese Pitta, Lettuce, Cheese Twists & Sultanas	Fish Fingers or Fishless Fingers, New Potatoes & Beans	Scrambled Egg, Potato Waffles & Beans	Ham/Cheese Sandwiches, Cucumber, Tomato, Cheese Bites & Pear
Dessert	Fairy Cake (Apple Wedges)	Swiss Roll	Yogurt	Chocolate Mouse (Pear)	Jelly (Banana)
Pm Snack	Apple & Cheese Twist	Banana & Grapes	Pear & Orange	Rice Cake (Biscoff)	Sultana & Breadstick
Dinner	Quran or Chicken Korma with Rice Or Vegan Pieces, Rice and Peas	Meatballs & Pasta or Vegetable Pasta	Chicken Noodles Vegetable Noodles With Bread & Butter	Cheese & Tomato or Plant Based Pizza & Garlic Bread	Chicken or Quran Pieces, Roast Potatoes, Broccoli & Gravy
Dessert	Ice Cream (Orange)	Yogurt (Banana)	Short Bread Biscuit (Banana)	Custard (Pear Wedges)	Angel Delight (Apple)
All food is subject to change in regards to specific dietary requirements					

