

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat/Fish	Chilli Con Carne	Fish Fingers	Vegetable Pasta Bake	Jacket Potato Cheese/Beans	Sweet/Sour Chicken
Vegetarian	Chilli Con Carne	Wheat Vegetable Fingers	Gluten -	-	Quorn Chicken
Starchy Foods		Wheat			
(Rice/Pasta/Potato etc.)	Rice	Chips	Pasta	Potato	Rice
			Gluten		
Vegetables	Broccoli	Peas	Sweetcorn	Beans	Mixed Vegetables
Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad
Desert	Frozen Yoghurt Fresh Fruit	Fruit Crumble Custard Fresh Fruit	Peaches & Cream Fresh Fruit	Rice Pudding Fresh Fruit	Cheese Crackers Fresh Fruit
	Milk	Wheat/Milk	Milk	Milk	Gluten/Milk
ALLERGENS	Milk	Milk/Wheat	Milk	Milk	Gluten/Milk/Wheat

Please note: We receive weekly food deliveries from Felix, a food Charity, we plan our menu after this delivery each Wednesday. We follow the school food standards and the 'Eat Better, Start Better' guidelines. If your child has any food allergies please speak to your child's key person. We cater for children's special dietary needs.

• Fresh water is offered with every meal

KINTORE WAY NURSERY SCHOOL & CHILDREN'S CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat/Fish	Fish Cake	Macaroni & Cheese	Chicken Curry	Shepherd's Pie	Salmon Pasta
	Wheat	Dairy/Gluten			Gluten
Vegetarian	Vegetable Sausages	Tomato Pasta	Vegetable Curry	Vegetable Pie	-
Starchy Foods (Rice/Pasta/Potato etc.)	New Potato	Pasta	Rice	Potato	Pasta Gluten
Vegetables	Peas Sweetcorn	Beans	Mixed Vegetables	Greens	Sweetcorn
Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad
Desert	Fruit Salad Fresh Fruit Egg/Milk	Fruit Yoghurt <i>Dairy</i> Fresh Fruit	Peaches & Cream  Dairy  Fresh Fruit	Crackers/Cheese  Dairy/Gluten  Fresh Fruit	Cake & Custard  Milk  Fresh Fruit
ALLERGENS	Milk/Egg/Wheat	Milk/Wheat Gluten	Milk	Milk/Wheat Gluten	Milk

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KINTORE WAY
NURSERY SCHOOL &
CHILDREN'S CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat/Fish	Jacket Potato	Meatballs	Spaghetti Bolognese	Pizza Cheese/Tomato <i>Gluten/Dairy</i>	Vegetable Lasagne  Gluten/Dairy
Vegetarian	-	Vegetable Sausages	Vegetable Bolognese	Vegetable Nuggets	-
Starchy Foods (Rice/Pasta/Potato etc.)	Potato	Potato	Pasta Gluten	Wedges	Wedges/Pasta
Vegetables	Cheese/Beans Dairy	Broccoli	Broccoli Mixed Vegetables	Sweetcorn	-
Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad
Desert	Crumble & Custard  Gluten/Dairy  Fresh Fruit	Cheese/Crackers  Dairy  Fresh Fruit	Jelly Fresh Fruit	Frozen Yoghurt  Dairy  Fresh Fruit	Banana & Custard  Dairy  Fresh Fruit
ALLERGENS	Dairy/Wheat	Dairy	-	Milk Gluten	Milk

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