Footsteps Nursery & Preschool
Sample Menu

	Breakfast	Rolling Snack	Lunch	Vegetarian Option	Rolling Snack	Tea
Monday	Selection of cereals, fruit & toast C, M	Milk/Water Pepper & Apple M	Salmon and tomato Pasta bake & Garlic Bread FD	Tomato & Cheese Pasta D	Milk/Water Raisins & Cucumber M	Three Bean, Cous Cous Pitta
Tuesday	Selection of cereals, fruit & toast C, M	Milk/Water Carrots & Apple M	Kaprow with Mince, Rice and Green beans M	Quorn Mince, Rice & Green Beans	Milk/Water Cucumber & Orange M	Egg Mayo Sandwich Cucumber & Tomato D
Wednesday	Selection of cereals, fruit & toast C, M	Milk/Water Peppers & Banana M	Baked Fish with Tomato, Pepper Sauce & Mash F	Quorn breast with Tomato, Pepper Sauce & Mash	Milk/Water Apples & Raisins M	Homemade Pizza, Carrots & Tomatoes D, M
Thursday	Selection of cereals, fruit & toast C, M	Milk/Water Cucumber & Orange M	Chicken and Cauliflower Curry & Rice M	Vegetable Curry & Rice	Milk/Water Pear & Melon M	Carrot & Ginger Soup with Croutons
Friday	Selection of cereals, fruit & toast C, M	Milk/Water Carrots & Banana M	Roast with Seasonal Vegetables & Gravy M	Quorn/ Vegan Fillet with Roast Trimmings	Milk/Water Raisins & Apple M	Cheese on toast, with Veg Sticks D

Food allergy information

C - Cereals M - Milk G - Gluten D - Dairy F - Fish P - Pork B - Beef W - Wheat