

# St Thomas Centre Nursery School Menu – Week 1

Week		Monday	Tuesday	Wednesday	Thursday	Friday
1	Meat	Chicken Goujons <b>Wheat Gluten</b> Minted Summer Vegetables <b>None</b> Potato Wedges <b>None</b>	Steak and Mushroom Pie <b>Wheat</b> West Country Cheddar Mash <b>Milk</b> Baked Beans <b>None</b>	Lamb Grill Steaks in Minted Gravy <b>Wheat</b> Minted Boiled Potatoes <b>None</b> Peas <b>None</b>	Cheese & Onion Pie <b>Milk &amp; Wheat</b> Baked Beans <b>None</b> Potato Wedges <b>None</b>	Breaded Cod <b>Fish &amp; Wheat</b> Peas <b>None</b> Chips <b>None</b>
	No Meat Option	Plant Based Shepherds' Pie <b>None</b> Minted Summer Vegetables <b>None</b> Potato Wedges <b>None</b>	Meat free Mushroom and Chicken style pie <b>Wheat Gluten</b> West Country Cheddar Mash <b>Milk</b> Baked Beans <b>None</b>	Macaroni Cheese <b>Milk Wheat</b> Minted Boiled Potatoes <b>None</b> Peas <b>None</b>	Vegan Sausages <b>Wheat</b> Peas <b>None</b> Chips <b>None</b>	
	Alternative Allergen Free or Specific allergen free	Child specific	Child specific	Child specific	Child specific	Child specific
	Dessert	Mixed Fruit Pie <b>None</b> Custard <b>Milk</b>	Somerset Apple Cake <b>Wheat Egg</b> Custard <b>Milk</b>	Raspberry Mousse <b>Milk</b>	Chef's Rice Pudding <b>Milk</b>	Yoghurt <b>Milk</b>

Allergens in bold All Staff are aware of who has allergies. This information is also shared with the cook. It is also printed on the children's place mats.

Child specific is dependent on current intake and specific allergy.

Every effort is made to keep to the menu. However, there may be times when we need to make a change. If this is necessary, we will inform you through the School Life App and ensure that all allergy information is used to keep your child safe.

# St Thomas Centre Nursery School Menu – Week 2

Week		Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>Meat</b>	Chicken breast in Tomato and Basil sauce <b>Wheat Gluten</b> Cut Green Beans <b>None</b> Sauté Potatoes <b>None</b>	Chicken Curry <b>Mustard</b> Vegetable Rice <b>None</b> Cauliflower <b>None</b>	Roast Beef in Gravy <b>None</b> Vegetable Medley <b>None</b> Golden Roasted Potatoes <b>None</b>	Vegetable Lasagne <b>Wheat Milk</b> Minted Summer Vegetables <b>None</b>	Fish Cakes <b>Fish &amp; Wheat</b> Cut Green Beans <b>None</b> Potato Wedges <b>None</b>
	<b>No Meat Option</b>	Cauliflower and Broccoli Pasta <b>Milk, Egg &amp; Barley</b> Cut Green Beans <b>None</b> Sauté Potatoes <b>None</b>	Katsu Curry <b>Soya Wheat Gluten Mustard</b> Cut Green Beans <b>None</b> Colcannon Mash <b>None</b>	Tomato, lentil and sweet potato crumble <b>Wheat Gluten</b> Vegetable Medley <b>None</b> Golden Roasted Potatoes <b>None</b>		Vegetable Nuggets <b>Wheat</b> Cut Green Beans <b>None</b> Potato Wedges <b>None</b>
	<b>V &amp; Free From CP Egg, Milk &amp; Fish</b>	Child specific	Child specific	Child specific	Child specific	Child specific
	<b>Dessert</b>	Lemon sponge <b>Egg Milk</b> Custard <b>Milk</b>	Apple Crumble <b>Wheat</b> Custard <b>Milk</b>	Chocolate Mousse <b>Milk</b>	Strawberry Jelly <b>None</b>	Yoghurt <b>Milk</b>

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