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| **Sunrise Community Nursery Menu**  **Autumn/Winter - Week 1** | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Choice of Rice Krispies, Cornflakes or Weetabix  Toast **G,D** | | | | |
| **Am snack**  **Served with milk** | Pear slices | Plums | Strawberries | Apple slices | Mango pieces |
| **Lunch**  **Served with water** | Maccaroni cheese with chicken **D,G** | Cheese & bean hotpot  **D** | Fish stir fry **F,Soy,G,E** | Mixed bean & butternut squash risotto | Shepherd pie with potato and sweet potato topping **Soy, G** |
| **Vegetarian option** | Maccaroni cheese with Quorn **D,G,E** |  | Quorn stir fry **Soy,G,E** |  | Soya mince pie  **Soy, E** |
| **Side dish** | Garlic bread, peas and sweetcorn **D,G** | Swede & broccoli | Noodles **G,E** | Cauliflower & green beans | Savoy cabbage |
| **Dessert** | Melon medley | Homemade carrot cake **D,G,E** | Natural yoghurt with mandarin pieces **D** | Bananas & custard **D** | Semolina with pureed fruit **D,G** |
| **Tea**  **Served with water** | Houmas and grated carrot / turkey sandwiches  **Bananas D,G,Ses** | Tuna and sweetcorn / egg mayo pitta pockets **F,G,E**  **Dried fruit** | Homemade carrot and coriander creamy soup, bread and butter **D,G**  **Grapes** | Mini courgette & cheese muffin  **D,G,E**  **Oranges** | Beans on toast with grated cheese  **D,G**  **Dried fruit** |
| **Pm snack**  **Served with milk** | Toasted crumpets  **D,G** | Rice cakes | Breadsticks and garlic dip **G,M,E** | Oatcakes  **G** | Cream crackers  **G** |