


Happy Learners Childminder- 5 weeks Menu- April,2019

WEEK MENU 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Served between 7:30 am- 9am.	Porridge and Cereals <b>(gluten, milk)</b>	Cereals and buttered toasts <b>(gluten, milk)</b>	Cereals and Buttered toasts <b>(gluten, milk)</b>	Porridge and Cereals <b>(gluten, milk)</b>	Cereals and buttered toast <b>(gluten, milk)</b>
<b>Morning Snack</b> Served between 10am-10:30am	Raisns Fruits Milk/Water <b>(sulphites, milk)</b>	Breadsticks with cream cheese dip and Fruits Milk/Water <b>(gluten, milk)</b>	Oat Cakes Fruits Milk/Water <b>(gluten, milk)</b>	Crackers Fruits Milk/Water <b>(gluten, milk)</b>	Tea Cakes Fruits Milk/Water <b>(gluten, milk)</b>
<b>Lunch</b> Served between 11:30-12:00pm	Vegetable curry served with Cous Cous	Homemade chicken fingers with oven baked potatoes and peas	Red kidney beans served with rice	Spaghetti Bolognese with cheese	Homemade pizza <b>(gluten, milk)</b>
<b>Pudding</b>	Strawberry Tart <b>(milk,gluten)</b>	Rice pudding <b>(milk)</b>	Fruit yogurt <b>(milk)</b>	Ice-ream <b>(milk)</b>	Carrot cake <b>(gluten)</b>
<b>Mid-Day Snack</b> Served between 2:00pm-2:45pm	Fresh cut melon slices Milk/Water	Fresh Cut carrots Milk/Water	Fresh cut banana slices Milk/Water	Fresh cut cherry Tomatoes Milk/Water	Fresh Cut cucumbers Milk/ Water
<b>Tea</b> Served between 3:30pm-4pm	Brioche with cream cheese <b>(gluten,eggs, milk)</b>	Spaghetti hoops on toast <b>(gluten)</b>	Homemade animal cut breads with cream cheese and jam <b>(gluten, milk)</b>	Assorted sandwiches <b>(gluten)</b>	Zupa Pomidorowa (Polish soup-tomatoe soup with pasta or rice) <b>(gluten)</b>
<b>Veggie Option for Lunch</b>	Same	Vegetable cake and oven baked potatoes and peas	Same	Spaghetti with vegetable sauce	Same
<b>Vegetarian option for Tea</b>	Same	Same	Same	Same	Same

Key: ■ Egg Allergy (Anything containing Egg will be not used on that day and an alternative option will be made)

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Week Menu 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Served between 7:30-9am	Cereals Cream cheese toasts <b>(gluten, milk,)</b>	Porridge and Cereals <b>(gluten, milk,)</b>	Cereals and buttered toast <b>(gluten, milk,)</b>	Cereals and buttered toast <b>(gluten, milk,)</b>	Porridge and Cereals <b>(gluten, milk,)</b>
<b>Morning Snack</b> Served between 10am-10:30am	Tea Cakes Fruits Milk/Water <b>(gluten, milk)</b>	Oat Cakes Fruits Milk/Water <b>(gluten, milk)</b>	Crackers Fruits Milk/Water <b>(gluten, milk)</b>	Breadsticks with humus dip and Fruits Milk/Water <b>(gluten, milk)</b>	Raisns Fruits Milk/Water <b>(sulphites, milk)</b>
<b>Lunch</b> Served between 11:30-12:30pm	Mince sauce and Potatoes puree	Quiche <b>(gluten, sulphites)</b>	Chicken mince balls in sauce and Spaghetti <b>(gluten)</b>	Green lentil sauce and rice	Fish curry and Cous Cous <b>(Fish and gluten)</b>
<b>Pudding</b>	Seasonal fruit salad	Semolina Pudding <b>(milk)</b>	Ice cream and fruits <b>(milk)</b>	Chocolate Brownie cake <b>(gluten, milk, eggs)</b>	Magnolia Pudding <b>(gluten)</b>
<b>Mid-Day Snack</b> Served between 2:00pm 2:45pm	Fresh cut melon slices Milk/Water	Fresh cut cherry Tomatoes Milk/Water	Fresh Cut carrots Milk/Water	Fresh Cut cucumbers Milk/ Water	Fresh cut banana slices Milk/Water
<b>Tea</b> Served between 3:30pm-4:00pm	<b>Scrambled Egg</b> wraps and cucumber sticks <b>(gluten, Egg)</b>	Homemade bread served with cream cheese and apricot jam <b>(gluten, milk)</b>	Turkish red lentil soup and scones /Fruits	Spaghetti hoops on toast / Fruits <b>(gluten)</b>	Assorted sandwiches /Fruit yogurt <b>(gluten, milk)</b>
<b>Veggie Option for Lunch</b>	Soya mince sauce and potato puree	same	Veggie balls and spaghetti with sauce	Same	Veggie curry and cous cous
<b>Vegetarian option for Tea</b>	Cheese Rolls	same	same	same	same

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WEEK MENU 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Served between 7:30-9am	Porridge and jam toasts <b>(gluten, milk,)</b>	Cereals Toast and cheese spread <b>(gluten, milk,)</b>	Porridge and jam toasts <b>(gluten, milk)</b>	Cereals and buttered toast <b>(gluten, milk)</b>	Cereals Toast and cheese spread <b>(gluten, milk)</b>
<b>Morning Snack</b> Served between 10am-10:30am	Oat Cakes Fruits Milk/Water <b>(gluten, milk)</b>	Crackers Fruits Milk/Water <b>(gluten, milk,)</b>	Raisns Fruits Milk/Water <b>Sulphites, milk)</b>	Tea Cakes Fruits Milk/Water <b>(gluten, milk,)</b>	Breadsticks and Fruits Milk/Water <b>(gluten, milk,)</b>
<b>Lunch</b> Served between 11:30-12:30pm	Hot pot with Yorkshire puddings <b>(gluten, eggs, milk,)</b>	Tuna pasta bake with cheese <b>(fish, milk)</b>	Mini falafel wraps with side salad <b>gluten, milk,)</b>	Chicken curry and Cous Cous	Broccoli, carrot pasta in white sauce <b>(gluten, milk)</b>
<b>Pudding</b>	Ice Cream with jelly <b>(milk)</b>	Fruit Cocktail <b>(milk)</b>	Seasonal Fruit Tart <b>(milk)</b>	Flapjack with raisns <b>(sulphites, gluten, milk)</b>	Rice Pudding <b>(milk)</b>
<b>Mid-Day Snack</b> Served between 2:pm-2:45pm	Fresh Cut cucumbers Milk/ Water	Fresh cut banana slices Milk/Water	Fresh Cut carrots Milk/Water	Fresh cut melon slices Milk/Water	Fresh cut cherry Tomatoes Milk/Water
<b>Tea</b> Served between 3:30pm-4pm	Vegetable soup and toasts/ Fruits <b>(gluten, milk,)</b>	Pancake with syrup/ Fruits <b>(gluten, milk, eggs)</b>	Hash brown with Baked beans / Fruits	Assorted sandwiches/ Fruits <b>(gluten)</b>	Cheesy Tortillas/ Fruits <b>(milk)</b>
<b>Veggie Option for Lunch</b>  <b>Vegetarian option for Tea</b>	Hot pot with veg and Yorkshire puddings  same	Tomatoes sauce and basil pasta with cheese  same	Same  same	Chickpeas curry And cous cous  same	Same  same

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WEEK MENU 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Served between 7:30-9am	Cereals and buttered toast  <b>(gluten, milk)</b>	Cereals Toast and cheese spread  <b>(gluten, milk)</b>	Porridge and jam toasts  <b>(gluten, milk)</b>	Cereals and buttered toast  <b>(gluten, milk)</b>	Porridge and jam toasts  <b>(gluten, milk)</b>
<b>Morning Snack</b> Served between 10am-10:30am	Oat Cakes Fruits Milk/Water <b>(gluten, milk)</b>	Raisins Fruits Milk/Water <b>( milk, sulphites)</b>	Tea Cakes Fruits Milk/Water <b>(gluten, milk)</b>	Crackers Fruits Milk/Water <b>(gluten, milk)</b>	Breadsticks and Fruits Milk/Water <b>(gluten, milk)</b>
<b>Lunch</b> Served between 11:30-12:30pm	Cottage Pie  <b>(milk)</b>	Chicken in sauce served with rice  <b>(milk)</b>	Vegetable Lasagne  <b>(gluten, milk)</b>	Fish fingers, chips and peas  <b>(fish)</b>	Red kidney beans and rice  <b>(milk)</b>
<b>Pudding</b>	Trifle  <b>(gluten, milk)</b>	Carrot Cake  <b>(gluten, eggs, milk)</b>	Flapjack with chocolate chips <b>(Milk)</b>	Semolina Pudding <b>(milk)</b>	Ice cream and Jelly <b>(milk)</b>
<b>Mid-Day Snack</b> Served between 2:00pm-2:45pm	Fresh Cut carrots  Milk/Water	Fresh cut cherry Tomatoes  Milk/Water	Fresh Cut cucumbers  Milk/ Water	Fresh cut melon  Milk/Water	Fresh cut banana slices  Milk/Water
<b>Tea</b> Served between 3:30pm-4pm	<b>Boiled egg</b> wit buttered toast/ Fruits  <b>(eggs,gluten)</b>	Vegetable Patty/ Fruits  <b>(gluten)</b>	Humus wraps with cucumber sticks/ Fruits <b>(gluten)</b>	Zupa Jarzynowa – Polish Vegetable soup/ Fruits <b>(gluten)</b>	Waffles with syrup/ Fruits  <b>(gluten, eggs, milk)</b>
<b>Veggie Option for Lunch</b>	Soya mince with sauce and Potatoes	Vegetable sauce with rice	Same	Veggie sausage and chips and peas	Same
<b>Vegetarian option for Tea</b>	Pan fried mushrooms with Buttered toasts/ Fruits	same	same	same	Same

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WEEK MENU 5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Served between 7:30-9am	Cereals and buttered toast  <b>(gluten, milk, sulphites)</b>	Cereals Toast and cheese spread  <b>(gluten, milk, sulphites)</b>	Porridge and jam toasts  <b>(gluten, milk, sulphites)</b>	Cereals and buttered toast  <b>(gluten, milk, sulphites)</b>	Porridge and jam toasts  <b>(gluten, milk, sulphites)</b>
<b>Morning Snack</b> Served between 10am-10:30am	Oat Cakes Fruits Milk/Water  <b>(gluten, milk)</b>	Raisns Fruits Milk/Water  <b>(gluten, milk, sulphites)</b>	Tea Cakes Fruits Milk/Water  <b>(gluten, milk)</b>	Crackers Fruits Milk/Water  <b>(gluten, milk)</b>	Breadsticks and Fruits Milk/Water  <b>(gluten, milk)</b>
<b>Lunch</b> Served between 11:30-12:30pm	Roasted chicken and Potatoes with sauce  <b>(milk)</b>	Chickpeas curry and rice  <b>(milk)</b>	Salmon with vegetable served with Cous Cous  <b>(fish, milk)</b>	Italian style Basil tomatoes sauce pasta with cheese  <b>(gluten, milk)</b>	Turkey with mushroom vegetable sauce served with rice  <b>(milk)</b>
<b>Pudding</b>	Vanilla Sponge Cake  <b>(gluten, milk)</b>	Biscuit cake with cream  <b>(gluten, milk)</b>	Fruit crumble and custard  <b>(Milk)</b>	Seasonal fruit salad  <b>(milk)</b>	Fruit yogurt  <b>(milk)</b>
<b>Mid-Day Snack</b> Served between 2:00pm-2:45pm	Fresh Cut carrots  Milk/Water	Fresh cut cherry Tomatoes  Milk/Water	Fresh Cut cucumbers  Milk/ Water	Fresh cut melon  Milk/Water	Fresh cut banana slices  Milk/Water
<b>Tea</b> Served between 3:30pm-4pm	Homemade mini pizzas/ Fruits <b>(gluten, milk)</b>	Fish fingers& Alphabet potatoes and tomato sauce/ Fruit yogurt <b>(fish)</b>	Pancake with syrup / Fruits  <b>(gluten, milk)</b>	Wholemeal toast with Baked beans / Fruit Yogurt  <b>(gluten)</b>	Pumpkin Soup and scones  <b>(gluten, milk)</b>
<b>Veggie Option for Lunch</b>  <b>Vegetarian option for Tea</b>	Roasted vegetables with sauce  same	Same  Alphabet potatoes, carrots and peas with tomatoes sauce/ Yogurt	vegetable sauce served with cous cous  Same	Same  Same	Mushroom sauce with veg served with rice  Same

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