



Lunch

	Morning Snack	Lunch
Monday	Breadsticks, houmous & pepper sticks Wheat	Sausages, mash & beans Milk, sulphates Fruit Medley
Tuesday	Crumpets with marmite & apple slices Wheat, Milk	Chicken and broccoli pasta bake with Garlic bread Milk Raspberry oat slice Milk
Wednesday	Fruit loaf & Melon Wheat, Milk, Eggs	Lamb meat balls and yogurt pitta pockets with sweet potato fries Milk, Gluten
Thursday	Cream crackers with cream cheese & grapes Wheat, Milk	Healthy chocolate cookie Chicken Fajita and rice Gluten Banana berry yogurt muffin Milk, Egg, Gluten
Friday	Cheese straws & Raisins Wheat, Milk	Fish, chips & peas Fish Ice-cream & sprinkles Milk

Milk / water

Water

- ✓ Breakfast is served at 8am with a choice of cereals, toast and fruit. Breakfast is charged at £1.05 per meal.
- ✓ Lunch is charged at £3.70 and Tea at £2.10 per meal.
- ✓ Snack is included in the session cost.
- ✓ All allergens are highlighted in orange.
- ✓ All meals are adapted for individual dietary requirements, including allergens. For advice please speak to our Nursery Chef or your child's key person.

Afternoon Tea

✓ All of our meals are freshly made by our Chef

	Afternoon Snack	Afternoon Tea
Monday	Ryvita's with butter, apples & sultanas Milk, Wheat	Wholemeal Thins with various fillings, salad and veggie sticks Egg, Milk, Fish, Gluten
Tuesday	Cream crackers with butter, red pepper houmous & celery sticks Wheat, Milk	Toasted Paninis with salad and a muesli muffin Milk, Egg, Fish, Gluten
Wednesday	Cheese biscuits, banana & grapes Wheat, Milk	Beans on toast Gluten Carrot, courgette and sultana cake bars Milk, eggs Wheat
Thursday	Fruit loaf, strawberries & kiwi Wheat, Milk, Egg	Sandwiches with various fillings and veggie sticks and Houmous Gluten, Milk, Egg, Fish
Friday	Breadsticks, cream cheese, orange wedges Wheat, Milk	Wraps with a variety of fillings & veg sticks Glute, Eggs, Fish, Milk

Milk / water

Water



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION