



Lunch

	Morning Snack	Lunch
Monday	Sugar free jam on toast Apples & bananas Wheat, Milk	Roasted vegetable and chickpea curry and rice Milk Pear and sultana rock cakes Milk, Egg, wheat
Tuesday	Breadsticks, cucumber & Carrot Wheat	Homemade chicken nuggets, beans & wedges Wheat, Egg Pineapple upside down cake and custard Milk, Egg, Wheat
Wednesday	Crumpets with butter Fruit Wheat, Milk	Tacos with guacamole and Salsa dips Wheat Apple and apricot loaf gluten, milk, egg and wheat.
Thursday	Fruit loaf Melon & grapes Wheat, Eggs, Milk	Chilli and Rice with corn chip dippers Wheat Jelly and fruit pots
Friday	Cheese biscuits Sultanas Milk, Wheat	Chicken and vegetable noodles Wheat Cauliflower citrus cupcake with cream cheese frosting
	Milk / water	Water

- ✓ Breakfast is served at 8am with a choice of cereals, toast and fruit. Breakfast is charged at 90p per meal.
- ✓ Lunch is charged at £3.50 and Tea at £2.00 per meal.
- ✓ Snack is included in the session cost.

19th Apr, 3rd May, 17th May, 31st May, 14th Jun, 28th Jun, 12th Jul

Afternoon Tea

✓ All of our meals are freshly made by our Chef

	Afternoon Snack	Afternoon Tea
Monday	Cheese biscuits Apple & kiwi Wheat, Milk	Toasted sandwiches & salad Wheat, Egg, Fish, Milk Melon wedges
Tuesday	Cream crackers with butter Apples & sultanas Wheat, Milk	Pitta bread with variety of fillings and salad Wheat, Milk, Egg, Fish Sugar free flapjack Wheat, Milk
Wednesday	Crackerbread with houmous Carrot sticks Wheat	Spaghetti Hoops on toast Veggie sticks and fruit Wheat
Thursday	Ryvita's & butter Grapes & bananas Wheat, Milk	Cumin and pea muffins with salad and carrot sticks
Friday	Breadsticks, strawberries & melon Wheat	Pizza bagels and salad Wheat, Milk Fruit platter
	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.



YMCA Childcare

Part of YMCA Trinity Group

- ✓ 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.
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