

Osbourne Lodge Nursery Menu

Week 1

	Breakfast Brecwast 9.15am	Morning Snack Byrbryd Boreol 10.30am	Lunch Cinio 12 noon	Afternoon Snack Byrbryd Prynawn 2pm	Tea Te 3.30pm	Healthy Variety
Monday Dydd Llun	Cereal with milk Water or milk <small>Contains Gluten, milk</small>	Choice of fresh fruit Water	Cooked chicken dinner vegetables, roast pota- toes & Yorkshire pudding; Water; One healthy choice (yogurt, fruit, smoothie, cheese) <small>Contains Gluten, eggs, milk, celery, soya</small>	Choice of fresh fruit & / or Vegetable sticks Water	Beans & Potato waffles; Swiss roll; water <small>Contains gluten, soya, milk, eggs</small>	
Tuesday Dydd Mawrth	Toast Milk or water <small>Contains Gluten, milk</small>	Choice of fresh fruit Water	Mackerel Fish cake & spaghetti; Water; One healthy choice (yogurt, fruit, smoothie, cheese, cracker) <small>Contains Gluten, eggs, milk, fish</small>	Choice of fresh fruit & / or Vegetable sticks Water	Cheese Apple Raisins & bread stick; Wafer biscuit; Water <small>Contains gluten, milk, eggs, soya</small>	
Wednesday Dydd Mercher	Cereal with milk Water or milk <small>Contains Gluten, milk</small>	Choice of fresh fruit Water	Fruity chicken curry & naan bread; Water; One healthy choice (yogurt, fruit, smoothie, cheese, cracker) <small>Contains gluten, celery, milk, mus- tard, sulphur dioxide</small>	Choice of fresh fruit & / or Vegetable sticks Water	Crackers & sliced cheese; Jaffa cake; Water <small>Contains gluten, soya, milk, eggs</small>	
Thursday Dydd Iau	Toast Milk or water <small>Contains Gluten, milk</small>	Choice of fresh fruit Water	Turkey mince & cheese meatballs with tomato & carrot sauce and rice; Water; One healthy choice (yogurt, fruit, smoothie, cheese, cracker) <small>Contains gluten, milk, eggs</small>	Choice of fresh fruit & / or Vegetable sticks Water	Spaghetti on toast; Chocolate covered biscuit; Water <small>Contains gluten, soya, milk, eggs</small>	
Friday Dydd Gwener	Cereal with milk Water or milk <small>Contains Gluten, milk</small>	Choice of fresh fruit Water	Beef mince spaghetti bo- lognaise; Water; One healthy choice (yogurt, fruit, smoothie, cheese, cracker) <small>Contains gluten, eggs, milk</small>	Choice of fresh fruit & / or Vegetable sticks Water	Home made hot dog pizza; Pink wafer; Water <small>Contains gluten, soya, milk, eggs</small>	

Weaning babies will be served pureed food consisting of a variety of home cooked meals such as seasonal vegetables, cauliflower cheese, stewed fruit & casserole
Please note Some foods may contain ingredients which have been genetically modified

Fruit & Veg		Protein	
Dairy		Starchy food	

Osbourne Lodge Nursery Menu

Week 2

	Breakfast Brecwast 9.15am	Morning Snack Byrbryd Boreol 10.30am	Lunch Cinio 12 noon	Afternoon Snack Byrbryd Prynawn 2pm	Tea Te 3.30pm	Healthy Variety
Monday Dydd Llun	Cereal with milk Water or milk <i>Contains Gluten, milk</i>	Choice of fresh fruit Water	Cod with tomato, carrot & herb pasta; Water; One healthy choice (yogurt, fruit, smoothie, cheese, cracker) <i>Contains gluten, milk, eggs, fish</i>	Choice of fresh fruit & / or Vegetable sticks Water	Scrambled egg & baked beans; Wafer biscuit; Water or milk <i>Contains gluten, soya, milk, eggs</i>	
Tuesday Dydd Mawrth	Toast Milk or water <i>Contains Gluten, milk</i>	Choice of fresh fruit Water	Clapshot shepherds pie made with lamb mince swede & cheese mash; Water; One healthy choice (yogurt, fruit, smoothie, cheese, cracker) <i>Contains Milk, wheat, celery, soya, egg</i>	Choice of fresh fruit & / or Vegetable sticks Water	Variety of sandwiches; Swiss roll; Water or milk <i>Contains gluten, soya, milk, eggs</i>	
Wednesday Dydd Mercher	Cereal with milk Water or milk <i>Contains Gluten, milk</i>	Choice of fresh fruit Water	Caribbean chicken, rice & naan bread; Water; One healthy choice (yogurt, fruit, smoothie, cheese, cracker) <i>Contains Gluten, milk, celery, soya</i>	Choice of fresh fruit & / or Vegetable sticks Water	Spaghetti on toast; Chocolate covered biscuit; Water or milk <i>Contains gluten, soya, milk, eggs</i>	
Thursday Dydd Iau	Toast Milk or water <i>Contains Gluten, milk</i>	Choice of fresh fruit Water	Cod in cheese sauce, potato & broccoli; Water; One healthy choice (yogurt, fruit, smoothie, cheese, cracker) <i>Contains milk, eggs, gluten, fish</i>	Choice of fresh fruit & / or Vegetable sticks Water	Soup Pink wafer; Water or milk <i>Contains gluten, soya, milk, eggs</i>	
Friday Dydd Gwener	Cereal with milk Water or milk <i>Contains Gluten, milk</i>	Choice of fresh fruit Water	Turkey mince & baked bean chilli & rice; Water; One healthy choice (yogurt, fruit, smoothie, cheese, cracker) <i>Contains Gluten, wheat, milk, celery, soya</i>	Choice of fresh fruit & / or Vegetable sticks Water	Cheese on toast Jaffa cake; Water or milk <i>Contains gluten, soya, milk, eggs</i>	

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Fruit & Veg Dairy Protein Starchy food

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Week 3

	Breakfast Brecwast 9.15am	Morning Snack Byrbryd Boreol 10.30am	Lunch Cinio 12 noon	Afternoon Snack Byrbryd Prynawn 2pm	Tea Te 3.30pm	Healthy Variety
Monday Dydd Llun	Cereal with milk Water or milk <i>Contains Gluten, milk</i>	Choice of fresh fruit Water	Homemade pizza, sweet corn & peas; Water; One healthy variety choice (yogurt, fruit, smoothie, cheese, cracker) <i>Contains gluten free base, soya, milk, eggs</i>	Choice of fresh fruit & / or Vegetable sticks Water	Cheese, apple, raisins & bread stick; Jaffa Cake Water or milk <i>Contains Gluten, milk, soybean, egg</i>	
Tuesday Dydd Mawrth	Toast Milk or water <i>Contains Gluten, milk</i>	Choice of fresh fruit Water	Potato, swede & sweet potato cheesy mash & spaghetti; Water; One healthy variety choice (yogurt, fruit, smoothie, cheese, cracker) <i>Contains gluten, soya, milk, eggs</i>	Choice of fresh fruit & / or Vegetable sticks Water	Fish finger sandwich; Chocolate covered biscuit; Water or milk <i>Contains Gluten, egg, milk, soybeans, fish</i>	
Wednesday Dydd Mercher	Cereal with milk Water or milk <i>Contains Gluten, milk</i>	Choice of fresh fruit Water	Cooked chicken dinner, vegetables, roast pota- toes & Yorkshire pud- ding; Water; One healthy variety choice (yogurt, fruit, smoothie, cheese, cracker) <i>Contains Gluten, eggs, milk, celery, soya</i>	Choice of fresh fruit & / or Vegetable sticks Water	Beans & Potato waffles; Swiss Roll; Water or milk <i>Contains Gluten, milk, soybean,, egg,</i>	
Thursday Dydd Iau	Toast Milk or water <i>Contains Gluten, milk</i>	Choice of fresh fruit Water	Cod & passata and Carrot pasta; Water; One healthy variety choice (yogurt, fruit, smoothie, cheese, cracker) <i>Contains Gluten, eggs, milk, celery, soya, fish</i>	Choice of fresh fruit & / or Vegetable sticks Water	Crackers with sliced- cheese; Wafer biscuit; Water or milk <i>Contains Gluten, wheat, milk, soybean</i>	
Friday Dydd Gwener	Cereal with milk Water or milk <i>Contains Gluten, milk</i>	Choice of fresh fruit Water	Sausage, mash & peas; Water; One healthy vari- ety choice (yogurt, fruit, smoothie, cheese, cracker) <i>Contains Gluten, wheat, milk, soya</i>	Choice of fresh fruit & / or Vegetable sticks Water	Spaghetti on toast Pink wafer; Water or milk <i>Contains Gluten, wheat, egg, milk, soybeans</i>	

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Week 4

	Breakfast Brecwast 9.15am	Morning Snack Byrbryd Boreol 10.30am	Lunch Cinio 12 noon	Afternoon Snack Byrbryd Prynawn 2pm	Tea Te 3.30pm	Healthy Variety
Monday Dydd Llun	Cereal with milk Water or milk <small>Contains Gluten, milk</small>	Choice of fresh fruit Water	Baked bean lasagne & sweetcorn; Water; One healthy variety choice (yogurt, fruit, smoothie, cheese, cracker) <small>Contains gluten, celery, wheat, egg, milk, soybean</small>	Choice of fresh fruit & / or Vegetable sticks Water	Soup & bread; Pink wafer; Milk or water <small>Contains Gluten,, soya, egg, milk</small>	
Tuesday Dydd Mawrth	Toast Milk or water <small>Contains Gluten, milk</small>	Choice of fresh fruit Water	Chicken pie & potato mash; Water; One healthy variety choice (yogurt, fruit, smoothie, cheese, cracker) <small>Contains gluten, celery, wheat, egg, milk, soybean</small>	Choice of fresh fruit & / or Vegetable sticks Water	Spaghetti on toast; Jaffa cake; Milk or water <small>Contains Gluten,, milk, soybean, egg</small>	
Wednesday Dydd Mercher	Cereal with milk Water or milk <small>Contains Gluten, milk</small>	Choice of fresh fruit Water	Caribbean chicken, rice & naan bread; Water; One healthy variety choice (yogurt, fruit, smoothie, cheese, cracker) <small>Contains Gluten, milk, celery, soya</small>	Choice of fresh fruit & / or Vegetable sticks Water <small>Contains Gluten, wheat</small>	Scrambled egg & beans; Wafer biscuit; Milk or water <small>Contains gluten,, egg, milk, soybean</small>	
Thursday Dydd Iau	Toast Milk or water <small>Contains Gluten, milk</small>	Choice of fresh fruit Water	Shepherds pie with beef mince, peas & sweetcorn; Water; One healthy variety choice (yogurt, fruit, smoothie, cheese, cracker) <small>Contains Gluten, milk, celery, soya, egg.</small>	Choice of fresh fruit & / or Vegetable sticks Water	Cheese on toast; Swiss roll; Milk or water <small>Contains gluten, milk, soybean, egg</small>	
Friday Dydd Gwener	Cereal with milk Water or milk <small>Contains Gluten, milk</small>	Choice of fresh fruit Water	Cod with tomato, carrot & herb pasta; Water; One healthy variety choice (yogurt, fruit, smoothie, cheese, cracker) <small>Contains gluten, milk, eggs, fish</small>	Choice of fresh fruit & / or Vegetable sticks Water	Variety of sandwiches; Chocolate covered biscuit;; Milk or water <small>Contains gluten,, egg, milk, soybean</small>	

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