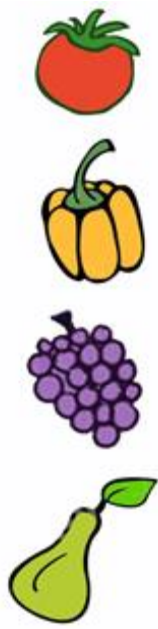
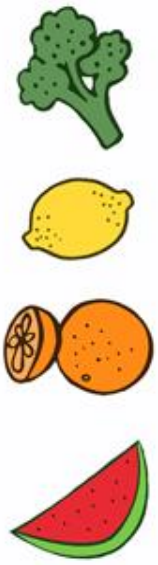




Dunblane Nature Kindergarten Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Wholemeal toast with a selection of spreads & fresh fruit	A selection of cereals with bananas	Wholemeal toast with a selection of spreads & fresh fruit	A selection of fresh fruits & cereals	Wholemeal toast with a selection of spreads & fresh fruit
Lunch	Chicken & tomato pesto pasta or Leek & potato soup with cheese sandwiches	Chicken salad wraps or Spanish tortilla with garden peas	Prawn linguini with salad or Vegetable & lentil bake with new potatoes	Chicken & vegetable noodle stir-fry or Vegetable & lentil soup with sandwiches	Baked potatoes with lemon baked fish or cheese & beans
Pudding	Yoghurt & fruit	Summer fruit smoothie	Peaches & blueberries	Fresh fruit	Sliced pears & yoghurt
Afternoon Snack	Vegetable crudité's & breadsticks with a variety of dips	Muffins & a selection of fresh fruit	Cheese filled wraps with fresh fruit	Cream crackers with cheese & fresh fruit	Warm, buttered potato scones with fresh fruit



*All of our menus adhere to current Setting the Table Guidelines which you can see [here](#)

*All chicken/meat options can be replaced with a meat free alternative as per individual child's needs.

*Where required food will be pureed, semi pureed, mashed or chopped to meet the needs of babies and younger children.

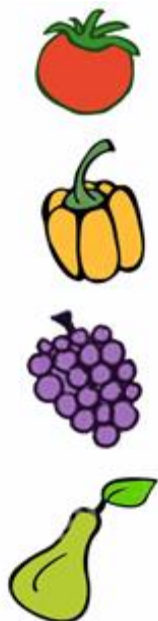
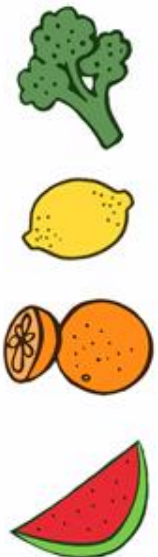
*Information on allergens within the foods we serve are available from the team-leaders, management and chef within the nursery on request.





Dunblane Nature Kindergarten Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Wholemeal toast with a selection of spreads & fresh fruit	A selection of cereals with bananas	Wholemeal toast with a selection of spreads & fresh fruit	A selection of fresh fruits & cereals	Wholemeal toast with a selection of spreads & fresh fruit
Lunch	Chicken & broccoli pie or Macaroni cheese with seasonal vegetables	Chilli & cheese enchiladas or Vegetable pasta bake with kidney beans	Smoked haddock with vegetable rice or Vegetarian cottage pie with sweetcorn	Chicken, vegetable & noodle stir-fry or Vegetable & lentil soup with a selection of sandwiches	Baked potatoes with lemon baked fish or cheese & beans
Pudding	Melon	Strawberry frozen yoghurt	Peaches & blueberries	Fresh fruit	Sliced pears & yoghurt
Afternoon Snack	Vegetable crudités & breadsticks with a variety of dips	Muffins & a selection of fresh fruit	Cheese filled wraps with fresh fruit	Cream crackers with cheese & fresh fruit	Warm, buttered potato scones with fresh fruit



*All of our menus adhere to current Setting the Table Guidelines which you can see [here](#)

*All chicken/meat options can be replaced with a meat free alternative as per individual child's needs.

*Where required food will be pureed, semi pureed, mashed or chopped to meet the needs of babies and younger children.

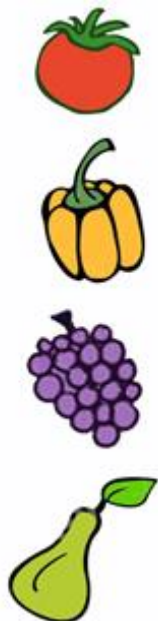
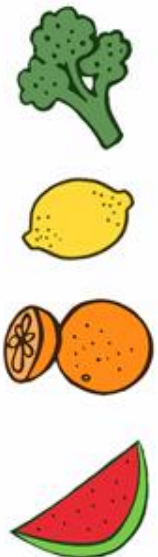
*Information on allergens within the foods we serve are available from the team-leaders, management and chef within the nursery on request.





Dunblane Nature Kindergarten Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Wholemeal toast with a selection of spreads & fresh fruit	A selection of cereals with bananas	Wholemeal toast with a selection of spreads & fresh fruit	A selection of fresh fruits & cereals	Wholemeal toast with a selection of spreads & fresh fruit
Lunch	Chicken & broccoli pie with braised cabbage or Haddock with potatoes	Chilli con carne & rice or Lentil & mushroom ragout with pasta	Sausage pasta bake or Roast chicken & vegetable kebab with cous-cous	Chicken & vegetable fajitas or Tuna & cucumber rolls with mixed salad	Spaghetti Bolognese or Seasonal vegetable soup with cheesy bread
Pudding	Yoghurt & fresh fruit	Fruit compote & yoghurt	Summer fruit smoothie	Fresh fruit	Apple & cinnamon crumble
Afternoon Snack	Vegetable crudité & breadsticks with a variety of dips	Cheese filled wraps with fresh fruit	Muffins & a selection of fresh fruit	Cream crackers with cheese & fresh fruit	Warm, buttered potato scones with fresh fruit



- *All of our menus adhere to current **Setting the Table Guidelines** which you can see [here](#)
- *All chicken/meat options can be replaced with a meat free alternative as per individual child's needs.
- *Where required food will be pureed, semi pureed, mashed or chopped to meet the needs of babies and younger children.
- *Information on allergens within the foods we serve are available from the team-leaders, management and chef within the nursery on request.

