



















Sharavogue Creche & Montessori Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<i>Selection of Breakfast Cereals (7) (8)</i>				
					
Mid Morning	<i>Wholemeal Toast (7) (8)</i>				
Lunch	<i>Beef Casserole & Creamy Mash (7)</i>	<i>Chicken Korma with Boiled Rice (7)</i>	<i>Cheesy Chicken, with Creamy Mash & Peas (7) (8)</i>	<i>Spaghetti Bolognese with Wholegrain Pasta (7) (8)</i>	<i>Salmon & Cod Mornay with Mash & Broccoli (7) (8)</i>
					
Afternoon Tea	<i>Wholemeal Toast & Baked Beans (7) (8)</i>	<i>Selection of Bagels & Fillings (7) (8)</i>	<i>Wholemeal Pasta with Homemade Pasta Sauce (8)</i>	<i>Greek Yoghurt & Fruit Selection (7)</i>	<i>Wholemeal Wrap & Selection of Fillings (7) (8)</i>
Evening Snack	<i>Selection of Fresh Fruit</i>				

Sharavogue Creche & Montessori – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast</i>	<i>Selection of Breakfast Cereals (7) (8)</i>				
					
<i>Mid Morning</i>	<i>Wholemeal Toast (7) (8)</i>				
<i>Lunch</i>	<i>Chicken Casserole, Creamy Mash & Selection of Vegetables (7)</i>	<i>Chilli con Carne Boiled Rice (8)</i>	<i>Baked Ham Served with White Sauce, Creamy Mash & Vegetables(7)</i>	<i>Homemade Lasagne with Garlic Bread (7) (8)</i>	<i>Fish Pie served with Broccoli (7)(8)</i>
					
<i>Afternoon Tea</i>	<i>Homemade Creamy Custard with Banana Chunks(7)</i>	<i>Assorted Spanish meat Platter with Wholemeal Roll (7) (8)</i>	<i>Wholegrain Pasta with Homemade Pasta Sauce (8)</i>	<i>Craquottes with an Assortment of Cheeses (7) (8)</i>	<i>Toasted Sandwiches a selection of fillings (7) (8)</i>
<i>Evening Snack</i>	<i>Selection of Fresh Fruit</i>				

Sharavogue Creche & Montessori – Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Selection of Breakfast Cereals (7)(8)



Mid Morning

Wholemeal Toast (7) (8)

Lunch

Savoury Shepherd's Pie with a selection of Vegetables
(7)(8)

Thai Chicken Curry with Boiled Rice
(7) (8)

Roast Chicken with Creamy Mash & Vegetables
(7) (8)

Bolognese Macaroni & Cheese Pasta Bake
(7) (8)

Salmon & Cod in A Cheesy Sauce with Mash & Spinach
(7)(8)



Afternoon Tea

Wholemeal Pitta Pockets with an assortment of fillings
(7) (8)

Selection of Wholegrain Sandwiches
(7) (8)

Wholemeal Pasta & Homemade Pasta Sauce
(7) (8)

Crackers with an assortment of Cheeses
(7) (8)

Homemade Pizza with savoury toppings
(7)(8)

Evening Snack

Selection of Fresh Fruit

FOOD ALLERGENS



SHARAVOGUE FOOD ALLERGY SYMBOLS (BY NUMBER)

1	PEANUTS	8	SOYA
2	NUTS	9	SESAME SEEDS
3	CRUSTACEANS	11	CELERY
4	MOLLUSCS	12	MUSTARD
5	FISH	13	LUPIN
6	EGGS	14	SULPHUR DIOXIDE
7	MILK	15	CEREALS CONTAINING GLUTEN