

# Autumn Term 2020- Week 5



Working in conjunction with the Telford Food Share Project and Willow Café the nursery is able to put together a weekly menu that uses a variety of ingredients that are healthy, nutritious and tasty. Some of the food used, has been donated by the Food Share project to the Café for our use. Often the donations are surplus foods that would end up being wasted. We are working with the Food Share and Willow Café to reduce this waste by using what we can in our menus. We would like to reassure you that the food is all perfectly edible and safe for consumption. At present the goal of these partnerships is to reduce food waste, but in the near future we would like to be able to offer our families and the local community meals made from this produce, in a bid to help those that are struggling and find themselves in financial hardship. If you want to get involved or require more information, then please contact the nursery for details.

## Week Commencing 28 September

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable Chilli, rice and pitta bread	Pork Meatballs, long spaghetti and dough balls	Beefy cottage pie with mixed vegetables	Creamy chicken tikka masala, rice and mini naan bread	Fish cakes, mash, peas and parsley sauce
Fruit yoghurt pots	Vanilla choc ices	Jam tarts and custard	Fruity flapjacks	Iced fairy cakes

*\*Please be aware, allergens may be present in all dishes being served. These include: Celery, cereals containing gluten, crustaceans, eggs, fish, lupin, milk molluscs, mustard, nuts peanuts, sesame seeds. Just ask if you have any queries on food being served.*

Children will be offered fresh fruit for morning and afternoon snack. This week we have a choice of apples, pears, peaches, grapes, satsumas, and bananas

Milk is also available during snack times and water is always available throughout the whole day. It is recommended that children bring in their own drinks bottles to minimise cross infection and help keep children hydrated.