

(M) Meat (V) Vegetarian	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Boiled egg or cheese wholemeal sandwiches. Fruit	Cheese, houmous and crackers with carrot sticks and cherry tomatoes. Fruit	Pitta Pockets Tuna Mayo and Sweetcorn. Fruit	Cream Cheese and Crumpets. Fruit	Baked beans on wholemeal toast. Fruit
Allergens:	B, D, G	B, G, L	B, D, E, G, I	B, G	B
WEEK 2	Coconut rice salad. Fruit	Scrambled egg on toast. Fruit	Rice Cakes and fruity salad.	Baked beans on wholemeal toast. Fruit	Cheese, tomato and pepper pizza pockets. Fruit
Allergens:	N	B, D		B	B, G
WEEK 3	Salmon and cucumber wraps. Fruit	Traffic Light Omelette. Fruit	Cottage Cheese and Crisp Bread. Fruit	Spaghetti Hoops on wholemeal toast. Fruit	Egg or cheese sandwiches. Fruit
Allergens:	B, E, G	D, G	B, G	B	B, D, G
WEEK 4	Tzatziki, houmous, baton vegetables, breadsticks. Fruit	Baked beans on wholemeal toast. Fruit	Cheese and tomato pitta bread pizzas. Fruit	Tomato pasta salad grated cheese. Fruit	Tzatziki, Couscous and veg batons. Fruit
Allergens:	B, G, L	B	B, G	B, G	A,B, G



Rowland Hill Nursery Tea Menu
Autumn Term 2026

Daily breakfast :
Choice of: Rice Krispies (B), Weetabix (B), Cornflakes (B), Milk (G), Wholemeal Toast (B), Margarine (G), Honey and Reduced Sugar Jam.

Allergen Key			Week 1	Week 2	Week 3	Week 4
A= Celery B= Cereals containing gluten C= Crustaceans D= Eggs E= Fish F= Lupin G= Milk	H= Molluscs I= Mustard J= Nuts K= Peanuts L= Sesame seeds M= Soya N= Sulphur dioxide	W/C	7.09.26 05.10.26 02.11.26 30.11.26	14.09.26 12.10.26 09.11.26 7.12.26	21.09.26 19.10.26 16.11.26 14.12.26	28.09.26 26.10.26 23.11.26