ALLERGENS

Rebecca Cheetham Nursery

Autumn/Winter 2026/27

WEEK 1

CLUB

Planet Friendly Monday

Chicken Stir Fry with Egg Noodles
Cereals containing gluten (wheat), Egg

Tofu Stir Fry with Egg Noodles
Cereals containing gluten (wheat, barley, spelt, kamut), Egg, Soya

PUDDING

Warm Winter Fruit Salad
Milk

ON THE SIDE

Sweetcorn
free from all 14

Fresh Carrots
free from all 14

Pak Choi EY
free from all 14

Tuesday

Lamb & Vegetable Curry with Wholemeal Rice
Free from all 14

Chickpea & Vegetable Curry
Free from all 14
may contain Cereals containing gluten (wheat, spelt, kamut)

PUDDING

Apple Crumble with Custard EY
Cereals containing gluten (wheat, oats, spelt, kamut), Milk
may contain Cereals containing gluten (barley, rye), Soya

ON THE SIDE

Aubergine, Courgette & Pepper Mix
free from all 14

Wednesday

Roast Chicken
Free from all 14

Mushroom & Butterbean Pasta Bake
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Soya

PUDDING

Yogurt with Fruit EY
Milk

ON THE SIDE

New Potatoes
free from all 14

Green Beans
free from all 14

Fresh Carrots
free from all 14

Thursday

Mixed Bean Bolognese Pasta Bake EY
Cereals containing gluten (wheat, spelt, kamut), Milk

PUDDING

Sliced Bananas & Creme Fraiche EY
Milk

ON THE SIDE

Aubergine, Courgette & Pepper Mix
free from all 14

Friday

Steamed Fish in Tomato & Pepper Sauce
Fish

Cheese & Bean Pasty EY
Cereals containing gluten (wheat), Milk
may contain Lupin, Mustard, Soya

PUDDING

Rhubarb Fool
Milk

ON THE SIDE

Potato Wedges
free from all 14

Garden Peas
free from all 14

Sweetcorn
free from all 14

V Vegetarian PB Plant Based

The 14 major allergens only. We declare celery, cereals containing gluten, crustaceans, egg, fish, lupin, milk, molluscs, mustard, nuts, peanuts, sesame, soya and sulphur dioxide. **Our kitchens are nut free** — we never cook with nuts or peanuts, although trace contamination cannot be fully ruled out. A child with a food allergy or a medical diet is served from their own individual menu, not from this sheet. Ingredients can change, so always check the packaging before serving.

Juniper

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WEEK 2

CLUB

Planet Friendly Monday

Jacket Potato with Lamb Chilli & Creme Fraiche
Milk
may contain Cereals containing gluten (wheat, spelt, kamut)

Kidney Bean Chilli Con Carne & Jacket Potato
Milk
may contain Cereals containing gluten (wheat, spelt, kamut)

PUDDING

Pineapple & Yoghurt
Milk

ON THE SIDE

Aubergine, Courgette & Pepper Mix
free from all 14

Tuesday

Vegetable & Lentil Lasagne
Cereals containing gluten (wheat), Milk, Mustard, Soya
may contain Egg, Mustard, Soya

PUDDING

Plum Crumble with Creme Fraiche
Cereals containing gluten (wheat, oats, spelt, kamut), Milk
may contain Cereals containing gluten (barley, rye), Soya

ON THE SIDE

Italian salad
free from all 14

Wednesday

Roast Turkey & Roast Potatoes
Free from all 14

Wholemeal Cheese & Leek Egg Flan
Cereals containing gluten (wheat, spelt, kamut), Egg, Milk
may contain Cereals containing gluten (barley, oats, rye), Soya

PUDDING

Apple & Raspberry Compote
Free from all 14

ON THE SIDE

New Potatoes
free from all 14

Fresh Carrots
free from all 14

Broccoli
free from all 14

Thursday

Lamb & Vegetable Curry with Wholemeal Rice
Free from all 14

Chickpea & Vegetable Curry
Free from all 14
may contain Cereals containing gluten (wheat, spelt, kamut)

PUDDING

Mixed Fruit Salad
Free from all 14

ON THE SIDE

Aubergine, Courgette & Pepper Mix
free from all 14

Friday

Salmon & Sweet Potato Fishcake
Egg, Fish, Milk

Cheesy Bean and Sweet Potato Quesadilla
Cereals containing gluten (wheat), Milk

PUDDING

Scotch Pancakes with Banana & Mandarin Oranges
Cereals containing gluten (wheat), Egg, Milk
may contain Soya

ON THE SIDE

Garden Peas
free from all 14

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WEEK 3

CLUB

Planet Friendly Monday

Red Lentil Shepherd's Pie
Cereals containing gluten, Milk
may contain Cereals containing gluten (wheat)

PUDDING

Banana & Greek Yogurt EY
Milk

ON THE SIDE

Green Beans
free from all 14

Sweetcorn (EY)
free from all 14

Tuesday

Sweet & Sour Chicken with Wholemeal Rice
Cereals containing gluten (barley)

Sweet & Sour Tofu with Wholemeal Rice
Cereals containing gluten (wheat, barley, spelt, kamut), Soya

PUDDING

Apple and Carrot Bake
Cereals containing gluten (wheat, oats, spelt, kamut)
may contain Cereals containing gluten (barley, rye), Soya

ON THE SIDE

Green Beans
free from all 14

Sweetcorn (EY)
free from all 14

Wednesday

Fish Curry with Wholemeal Rice
Fish

Red Lentil Coconut Yoghurt & Butternut Squash Curry
Free from all 14
may contain Cereals containing gluten (wheat, spelt, kamut)

PUDDING

Mango Rice Pudding
Milk

ON THE SIDE

Fresh Carrots
free from all 14

Green Beans
free from all 14

Thursday

Roast Lamb & Stuffing
Cereals containing gluten (wheat, spelt, kamut)

Roast Veg Frittata
Egg, Milk

PUDDING

Autumn Fruit Salad (Apple, Pear Plum and Blackberries)
Free from all 14

ON THE SIDE

Braised Cabbage
free from all 14

Friday

Jerk Chicken & Wholemeal Rice
Free from all 14

Butterbean Macaroni Cheese
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Soya

PUDDING

Cream Cheese with Orange & Peach Slices
Milk

ON THE SIDE

Broccoli
free from all 14

Fresh Carrots
free from all 14

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