

## Week 1 of 4 Menu

### Monday

- B** Cereal Organic Milk & Fruit
- L** Shepard's Pie with Broccoli  
Stewed plums & Natural Yoghurt.
- D** Homemade pizza & vegetable sticks  
Fruit Platter
- S** Fruit and milk/ Oatcakes & clementines
- N** Kcal 1037.0 Carb 148.3 Fib 20.9 P48.1  
Sal 1.3 Sug 4.5 Vit C. 109.0

### Tuesday

- B** Cereal, Organic milk & fruit
- L** Tuna Pasta bake  
Peaches & cream
- D** Butternut Squash & carrot with a  
homemade bread roll.  
Autumn fruit kebab
- S** Fruit and Milk/ Fruit & Breadsticks
- N** Kcal 939.0 Carb 50.9 Fib 17.8 P 40.2  
Sal 1.6 Sug. 5.2 Vit C 40.9

### Wednesday

- B** Cereal Organic Milk & Fruit  
Bean & vegetable pie
- L** Chocolate & raspberry chia seed pudding.
- D** Leek & potato soup with homemade  
bread. – Stewed apples pears and  
custard.
- S** Fruit milk /Spicy chickpea dip with Pitta
- N** Kcal 1017.4 Carb 172.6 Fib 24.7 P 38.6  
Sal 1.5 Sug 5.5. Vit C 44.2

### Thursday

- B** Cereal Organic milk and Fruit
- L** Homemade chicken nuggets & Mash and  
cabbage. – Semolina & Berry Compote.
- D** Tuna pasta bake  
Fruit Cocktail
- S** Fruit & Milk / Breadsticks.
- N** Kcal 994.4 Carb 160.0 Fib 20.7 P 45.5  
Sal 1.5 Sug 4.0. Vit C. 41.0

### Friday

- B** Cereal, Organic milk and Fruit
- L** Sardine Bolognese  
Sugar free fruit cookie
- D** Vegetable cobbler  
Mandarins with Natural Yoghurt.
- S** Fruit & Milk / Rice Cakes & Vegetable
- N** Kcal 1039.9 Carb 164.1 Fib 23.5 P 39.2  
Sal 1.1 Sug. 4.8 Vit C. 67.9

**B** – Breakfast **L** – Lunch **D** – Dinner **S** – Snacks **N** – Nutrition

#### Nutrition guide

Calories (Kcal)	Carbohydrates (Carb)
Protein (P)	Salt (Sal)
NME sugars (Sug)	NSP fibre (Fib)
Vitamin C (Vit C)	

All the eggs we serve are free range.



Please advise your Nursery Manager if your child has any allergies or intolerances. Whilst we make every effort to control cross-contamination our ingredients and dishes are prepared in environments where allergens are present. We cannot therefore guarantee that any item on our menu is allergen-free.

## Week 2 of 4 Menu

### Monday

- B** Cereal, Organic Milk and Fruit
- L** Sweet & Sour Chicken with rice  
Coconut and chia seed loaf
- D** Jacket potato with tuna chives  
Seasonal fruit salad.
- S** Fruit and milk Rice Cakes & vegetable sticks
- N** Kcal 1012.6 Carb 179.5 Fib 21.2 P 39.0 Sal  
0.8 Sug 6.6 Vit C 74.3

### Tuesday

- B** Cereal and Organic Milk with fruit
- L** Mild fruity vegetable curry with wholegrain rice –  
Sugar free oat cookie
- D** Jacket potato with chilli beans  
Fruit platter
- S** Fruit Milk / houmous and breadsticks
- N** Kcal 1053.2 carbs 191.0 p 34.4 fib 24.1 sal 1.3 sug 7.4 vit c 35.1

### Wednesday

- B** Cereal, Organic Milk and Fruit
- L** Chicken roast dinner – Sugar free date and  
coconut cookie
- D** BBQ beef with pasta and carrots  
Strawberry yoghurt
- S** Fruit & Milk / fruit & toast fingers
- N** Kcal 1050.4 carb 168.3 fib 20.6 p 43.9 sal 1.3 sug 5.5  
Vit c 47.8



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### Thursday

- B** Cereal, Organic Milk and Fruit
- L** Hearty beef stew with bread.
- D** Apple & rhubarb crumble with custard
- S** Jacket potato with tuna and chives  
Natural Yoghurt and apricots  
Muffin and spread
- N** Kcal 998.5 carb 151.8 fib 18.2 p 40.2 sal 1.5  
sug 13.4 vit c 46.1

### Friday

- B** Cereal, Organic Milk and Fruit
- L** Fish pie  
Oat and banana Balls
- D** Leek and Potato Soup & home made bread.  
Stewed Apples and Pears with Custard
- S** Milk, Fruit and Rice Cakes
- N** Kcal 1028.0 carb 178.1 p 41.5 fib 19.0 sal 1.2 sug 6.1  
Vit c 36.6

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#### Nutrition guide

Calories (Kcal)	Carbohydrates (Carb)
Protein (P)	Salt (Sal)
NME sugars (Sug)	NSP fibre (Fib)
Vitamin C (Vit C)	

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## Week 3 of 4 Menu

### Monday

- B** Cereal and organic milk
- Sweet & sour Quorn with rice  
Coconut and chia seed loaf.
- L**
- Jacket potato tofu tuna & chives  
Seasonal fruit salad
- D**
- S** Fruit & milk / rice cakes & vegetable sticks
- Kcal 1039.6 Carbs 186.3 P 39.3 Fib 21.6 Sal 0.8 Sug 10.0 Vit C. 74.3
- N**

### Tuesday

- B** Cereal and organic milk
- Sardine, tomato, potato & cheese bake  
Courgette & lime cake
- L**
- Lamb & pearl barley hot pot  
Peaches & pears in natural juice
- D**
- S** Fruit and milk / rice cakes cream cheese
- Kcal 1042.7 Carbs 157.0 P 43.8 Fib 19.1 Sal 1.1 Sug 3.9 Vit C. 52.7
- N**

### Wednesday

- B** Cereal and organic milk
- Chicken roast dinner  
Sugar free date & coconut cookie
- L**
- BBQ beef with pasta & carrots  
Strawberry yoghurt
- D**
- S** Fruit and milk / Fruit & toast fingers
- Kcal 150.4 Carb 168.3 P 43.9 Fib 20.6 Sal 1.3 Sug 5.5 Vit C 47.8
- N**

### Thursday

- B** Cereal and Organic milk
- Beef stew with potatoes & seasonal veg  
Sugar free oat cookie
- L**
- Creamy chicken & chic pea curry with rice  
Raspberry fool
- D**
- S** Fruit and milk / rice cakes and veg sticks
- Kcal 1042.9 Carbs 166.6 P 41.1 Fib 21.9 Sal 0.8 Sug 5.9 Vit C. 44.5
- N**

### Friday

- B** Cereal and organic milk
- Jamaican fish & spinach curry with naan bread  
Sugar free date & coconut cookie
- L**
- Chicken & pepper risotto with peas  
Fruit & oat sundaes
- D**
- Fruit and milk / Muffin & spread
- S**
- Kcal 1011.0 Carb 152.2 P 46.8 Fib 20.3 Sal 1.4 Sug 11.6 Vit C60.5
- N**

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Vitamin C (Vit C)	

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## Week 4 of 4 Menu

### Monday

- B** Cereal and organic milk
- Pasta Bolognese  
Banana Pancakes
- L**
- Jacket potato with cheese and beans  
fruit Cocktail
- D**
- S** Crumpet and spread
- Kcal 1040.8 Carb 166.5 Fib. 27.8 P 41.3 Sal.1.7 Sug.6.5 Vit C.61.8
- N**

### Tuesday

- B** Cereal and organic milk
- Mild fruity chicken curry with whole grain rice  
Banana cookie
- L**
- Chilli con carne with jacket potato  
Fruit platter
- D**
- S** Fruit and milk / oat cakes and fruit
- Kcal 1086.2 Carb 161.0 Fib. 22.9 p 46.5 Sal.1.2 Sug 2.1 vit c 92.3
- N**

### Wednesday

- B** Cereal and organic milk
- Roast beef with vegetables and gravy  
Oat cookies
- L**
- Kedgerree  
Seasonal fruit salad
- D**
- S** Fruit and milk / bagel and spread
- Kcal 991.9 Carb 164.8 Fib. 20.1 P 45.3 Vit C 33.9 sug 9.7 sal 2.0
- N**



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### Thursday

- B** Cereal and organic milk
- Roast vegetable & red lentil pasta  
Oat and banana balls
- L**
- Jacket potato cheese and beans  
Fruit salad
- D**
- S** Milk and fruit / oat cakes & cream cheese
- Kcal 1051.5 Carb 170.8 P 40.5 Fib 21.5 Sal 1.2 Sug 3.1 Vit C 70.9
- N**

### Friday

- B** Cereal and organic milk
- Fish fingers mash peas broccoli  
Sugar free ginger bread
- L**
- Bean & mushroom stroganoff  
Fruit in natural yoghurt
- D**
- S** Milk and fruit / crackers cheese pineapple
- Kcal 1042.0 Carb 171.6 Fib. 21.2 P 42.2 Sal. 1.5 Sug. 6.0 Vit C. 4.5
- N**

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