

Week 1 of 4 Menu

Monday

- B** Cereal Milk and Fruit
- L** Tuna pasta bake
Peaches and cream
- D** Squash and Carrot Soup with Homemade bread roll
Autumn Kebab
- S** Breadsticks, milk and fruit
- N** **Kcal Carb Fib P**
Sal Sug. Vit C.

Tuesday

- B** Cereal, milk and fruit
- L** Fruity Chicken Curry with Wholegrain rice
Banana Cookie
- D** Chilli con Carne with Jacket Potato
Fruit Platter
- S** Oat Cakes and Fruit
- N** **Kcal Carb Fib P**
Sal Sug. Vit C.

Wednesday

- B** Cereal Milk and Fruit
- L** Bean and Vegetable pie
Chocolate and Raspberry Chia Pudding
- D** Leek and potato Soup with Bread Roll
Stew Apples and Pears with Custard
- S** Spicy Chickpea Dip with Pitta
- N** **Kcal Carb Fib P**
Sal Sug. Vit C.

Thursday

- B** Cereal milk and Fruit
- L** Lentil Bolognaise
Banana in Natural Yoghurt
- D** Jacket potato and cheese and Beans
Fruit Cocktail
- S** Crumpet and Spread
- N** **Kcal Carb Fib P**
Sal Sug. Vit C.

Friday

- B** Cereal, milk and Fruit
- L** Fish Fingers, mash, peas and broccoli
Sugar free Gingerbread
- D** Bean and Mushroom Stroganoff
Fruit in Natural Yoghurt
- S** Crackers with Cheese and Pineapple
- N** **Kcal Carb Fib P**
Sal Sug. Vit C.

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.

Monday

- B** Cereal, Milk and Fruit
- L** Shepherd's Pie
- L** Stewed Plum and Yoghurt
- D** Homemade Pizza, Veg sticks
Fruit platter
- S** Oatcakes and clementine

N

Tuesday

- B** Cereal and Milk with fruit
- L** Hearty vegetable Stew with Bread
Apple and Rhubarb Crumble
- D** Jacket Potato with Tuna and Chives
Natural Yoghurt and Apricots
- S** Breadsticks and vegetable sticks and
houmous

N

Wednesday

- B** Cereal, Milk and Fruit
- L** Thai Green Curry with Rice
Chewy cranberry and Apricot Bites
- D** Wholemeal Cheesy pasta, Carrots, Peas
Fruit Salad
- S** Fruit, Milk, Rice Cakes and Veg Sticks

N

Thursday

- B** Cereal, Milk and Fruit
- L** Beef Stew with Potato and Seasonal Veg
Sugar Free oat cookies
- D** Creamy Chicken and Chickpea Curry
Raspberry Fool
- S** Rice Cakes and Vegetable Sticks

N

Friday

- B** Cereal, Milk and Fruit
- L** Fish pie
Oat and banana Balls
- D** Leek and Potato Soup with homemade
bread
Stewed Apples and Pears with Custard
- S** Rice Cakes and vegetable sticks

N

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Week 3 of 4 Menu

Monday

- B** Cereal, Milk and Fruit
- L** Roast Vegetables and Red Lentil Pasta
Oat and Banana Balls
- D** Jacket Potato with Cheese and Baked Beans
Fruit Salad
- S** Rice Cakes and Houmous

Tuesday

- B** Cereal, Milk and Fruit
- L** Lamb Chilli and Rice
- D** Chewy Cranberry and Apricot Squares
Fish Fingers and homemade baked beans
- S** Fruit in Natural yoghurt
Bagel and Spread

Wednesday

- B** Cereal, Milk and Fruit
- L** Roast Chicken Dinner
- D** Sugar Free Carrot Cake
Kedgerie
- S** Fruit in Natural yoghurt
- N** Rice Cakes and Vegetable Sticks

Thursday

- B** Cereals, Milk and Fruit
- L** Creamy Chicken and Leek Hotpot, with Broccoli
- D** Banana and Cinnamon Semolina
- S** Spicy Squash Soup
Fruit platter
- N** Pitta and pepper sticks

Friday

- B** Cereal, Milk and fruit
- L** Salmon and Broccoli Pasta
- D** Sugar Free Fruit Cookie
- S** Bean Stir Fry
- N** Fruit in Natural yoghurt
Bagel and Spread

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Week 4 of 4 Menu

Monday

- B** Cereal, Milk and fruit
- L** Veggie Pearl Barley Hotpot
Raspberry Fool
- D** Lentil Potato and Spinach Curry with Couscous
- S** Winter Fruit Salad with Greek Yoghurt
- N** Bread Sticks with Houmous and Veg Sticks

Tuesday

- B** Cereal, Milk and Fruit
- L** Lamb Moussaka, Broccoli and Garlic Bread
- D** Vegetable Frittata and Baked Beans
Winter Fruit Salad and Greek Yoghurt
- S** Fruit and Toast Fingers
- N**

Wednesday

- B** Cereal, Milk and Fruit
- L** Beef Lasagna with Green Beans
Sugar Free Date and Coconut Cookie
- D** Parsnip Butterbean and Apple soup
Peaches and Pears in natural Juice
- S** Crackers with Cheese and Pineapple
- N**

Thursday

- B** Cereal, Milk and Fruit
- L** Roast Chicken Dinner
Sugar-Free Banana Cake
- D** Sandwich Platter and Vegetable Sticks
Bananas Pears and natural Yoghurt
- S** Crackers and Cream Cheese
- N**

Friday

- B** Cereal, Milk and Fruit
- L** Sardine, Tomato, Potato and Cheese Bake
- D** Courgette and Lime Cake
Veggie Hotpot
- S** Peaches and Pears in Natural Juices
- N** Rice Cakes and Cream Cheese

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