

# Week 1 of 4 Menu

## Monday

- B** Porridge and fruit
- L** Tuna pasta bake  
Peaches and cream
- D** Butternut squash and carrot soup with a  
homemade scone  
Autumn fruit kebab
- S** Fruit and milk / fruit and breadsticks
- N** Kcal 939.0 Carb 50.9 P 40.2  
Fib 17.8 Sal 1.6 Sug 5.2 Vit C. 40.9

## Tuesday

- B** Cereal, organic milk and fruit
- L** Vegetarian Lasagne  
Chocolate chia seed pudding
- D** Chickpea and couscous salad  
Seasonal fruit salad
- S** Fruit and milk / pitta and spicy chickpea dip
- N** Kcal 1054.5 Carb 184.5 Fib. 23.6  
P 41.1 Sal. 1.1 Sug. 3.0 Vit C. 59.3

## Wednesday

- B** Porridge and fruit
- L** Lamb and pearl barley hotpot and new potato's  
Sugar free cookie
- D** Fish, potato and spinach curry and rice  
Banana and custard
- S** Fruit and milk / Breadsticks and vegetable  
sticks with houmous
- N** Kcal 1042.7 Carb 187.8 Fib. 24.1  
P 42.3 Sal. 1.0 Sug. 5.6 Vit C. 48.2

## Thursday

- B** Cereal, organic milk and fruit
- L** Chicken and vegetable pot roast  
Semolina
- D** Sardine, tomato and cheese pasta bake  
Corn flake cake
- S** Fruit and milk/oatcakes and clementine
- N** Kcal 1037.0 Carb 148.3 P 48.1  
Fib 20.9 Sal 1.3 Sug 4.5 Vit C 109.0

## Friday

- B** Porridge and fruit
- L** Bean and mushroom stroganoff and rice  
Fruit in natural yoghurt
- D** Fish fingers, mash, peas and broccoli  
Sugar free gingerbread
- S** Fruit and milk / Crackers with cheese and
- N** Kcal 1042.0 Carb 171.6 Fib. 21.2  
P 42.2 Sal.1.5 Sug. 6.0 Vit C.54.5

**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** Porridge and fruit
- 
- L** Salmon and broccoli pasta  
Sugar free fruit cookie
- 
- D** Bean stir fry with rice  
Fruit in natural yoghurt
- 
- S** Fruit and milk / Pitta and tuna dip
- 
- N** Kcal 990.5 Carb 170.6 Fib. 24.0  
P 42.2 Sal. 0.7 Sug. 7.2 Vit C.35.4

## Tuesday

- B** Cereal, organic milk and fruit
- 
- L** Vegetable cobbler  
Sugar free banana loaf
- 
- D** Mixed bean tagine with herby couscous  
Seasonal fruit salad
- 
- S** Fruit and milk / breadsticks and houmous
- 
- N** Kcal 1004.2 Carb 154.9 Fib. 21.6  
P 36.3 Sal. 1.4 Sug. 2.6 Vit C.33.8

## Wednesday

- B** Porridge and fruit
- 
- L** Lentil Bolognese with pasta  
Banana cake
- 
- D** Cheesy bean pie  
Fruit cocktail
- 
- S** Rice cake and vegetable sticks with bean dip
- 
- N** Kcal 1036.7 Carb 167.4 Fib. 23.6  
P 38.3 Sal. 1.1 Sug. 2.2 Vit C. 42.8

## Thursday

- B** Cereal, organic milk and fruit
- 
- L** Turkey roast dinner  
Fruit and natural yoghurt
- 
- D** Vegetable and lentil dhansak with rice  
Eve's pudding
- 
- S** Fruit and milk / Bagel and spread
- 
- N** Kcal 1004.3 Carb 155.0 Fib. 17.5  
P 38.2 Sal. 1.3 Sug. 12.4 Vit C. 44.0

## Friday

- B** Porridge and fruit
- 
- L** Creamy chicken and leek hotpot with  
broccoli  
Banana and cinnamon semolina
- 
- D** Spicy butternut squash and parsnip soup  
Fruit platter
- 
- S** Fruit and milk / pittas, pepper sticks, fruit
- 
- N** Kcal 967.6 Carbs 161.6 P 42.3  
Fib 16.0 Sal 1.3 Sug 6.2 Vit. C 69

**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 3 of 4 Menu

## Monday

- B** Porridge and fruit
- Veggie sausage, tomato, potato and cheese bake
- L** Courgette and lime cake
- D** Vegetarian hotpot  
Peaches and pears in natural juice
- S** Fruit and milk / rice cakes and cream cheese
- N** Kcal 1024.6 Carb 171.3 Fib. 22.2  
P 42.8 Sal.1.1 Sug. 2.7 Vit C. 48.3

## Tuesday

- B** Cereal, organic milk and fruit
- L** Jamaican fish and spinach curry with rice  
Sugar free date and coconut cookie
- D** Chicken and pepper risotto with peas  
Rice pudding
- S** Fruit and milk / Muffin and spread
- N** Kcal 1011.0 Carb 152.2 Fib. 20.3  
P 46.8 Sal. 1.4 Sug. 11.6 Vit C. 60.5

## Wednesday

- B** Porridge and fruit
- Pork roast dinner
- L** Homemade strawberry yoghurt
- D** BBQ lamb with pasta and carrots  
Banana balls and custard
- S** Fruit and milk / Fruit and 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

## Thursday

- B** Cereal, organic milk and fruit
- Cheese and broccoli pasta  
Chocolate chia seed pudding
- L**
- D** Bean stir fry  
Fruit in natural yoghurt
- S** Fruit and milk / Pitta and tuna dip
- N** Kcal 1019.8 Carb 159.0 Fib. 23.2  
P 39.1 Sal. 1.0 Sug. 4.3 Vit C. 51.1

## Friday

- B** Porridge and fruit
- Tuna pasta bake  
Fruit salad
- L**
- D** Homemade chicken nuggets, mash and veg  
Banana
- S** Fruit and milk / Bagel and spread
- N** Kcal 1044.9 Carb 175.1 Fib. 23.5  
P 44.5 Sal.1.2 Sug. 7.2 Vit C.43.6

**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 4 of 4 Menu

## Monday

- B** Porridge and fruit
- L** Thai green chicken curry rice  
Chewy cranberry and apricots bites
- D** Wholemeal cheesy pasta with peas and carrots
- S** Seasonal fruit salad
- S** Fruit and milk / Rice cake and vegetable sticks
- N** Kcal 1042.8 Carb 165.5 Fib. 17.8  
P 43.1 Sal. 0.9 Sug. 2.2 Vit C. 48.9

## Tuesday

- B** Cereal, organic milk and fruit
- L** Vegetable lasagne with garlic bread  
Chocolate and Raspberry chia seed pudding
- D** Parsnip, butterbean and apple soup  
Peaches and pears in natural juice
- S** Cracker with cheese and pineapple
- N** Kcal 1037.3 Carb 166.3 Fib. 22.5  
P 37.9 Sal. 1.1 Sug. 2.8 Vit C. 34.8

## Wednesday

- B** Porridge and fruit
- L** Salmon and pea fish pie  
Sugar free gingerbread
- D** Lamb stir fry with noodles  
Raspberry fool
- S** Fruit and milk / Breadsticks
- N** Kcal 1007.3 Carb 164.7 Fib. 21.4  
P 44.4 Sal.1.1 Sug. 4.1 Vit C

## Thursday

- B** Cereal, organic milk and fruit
- L** Roast vegetables and lentil pasta  
Oat and banana balls and custard
- D** Cheesy bean pie  
Fruit salad
- S** Breadsticks and vegetable sticks with houmous
- N** Kcal 1048.7 Carb 180.7 Fib. 40.2  
P 26.8 Sal. 1.8 Sug. 2.8 Vit C.33.8

## Friday

- B** Porridge and fruit
- L** Pork ragu with rice  
Apple, carrot and oat cookie
- D** White fish and pesto pasta  
Fruit salad
- S** Fruit and milk / pittas, pepper sticks and fruit
- N** Kcal 980.4 Carbs 153 P 43.3  
Fib 21.9 Sal 0.9 Sug 4.3 Vit. C 32.7.

**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.